

SPRING 2015

# NATICK COMMON GUIDE

*Community Education  
and Resources*

Recreation and Parks • Council On Aging • Human Services  
• Natick Community Organic Farm • Veterans' Services

Photo Credit: Trish Wesley Umbrell

**Town of Natick**  
**Community Services Department**

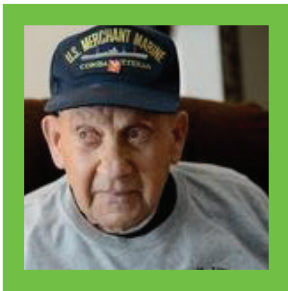


# Profiles

Here are just a few of the many Community Services Department volunteers. We depend on them in so many ways. Thank you to these five community givers as well as all the others that we can't acknowledge here today.

## Richard Goldstein Board Member and Meals On Wheels Volunteer

I have served as a volunteer for the Meals on Wheels Program and as an Ambassador at the Community-Senior Center, and have recently become a member of the Council on Aging Board. In all these roles for the CSC, I've met some wonderful people – both as friends and clients. It's great to be in a position to make a real difference.



## Stanley Cohen, "Mr. Flagman" WWII Veteran

Stanley Cohen, WWII Veteran known as Mr. Flagman. Stanley has been a fixture at all Veteran Events here in Natick. He can be seen handing small United States Flags to the young attending these events. He has been involved for at least the last 40 years decorating the graves with flags. Stanley now 91 years old continues to be a great supporter of the traditions of this office.

## Liz Little Natick Community Organic Farm Volunteer

Liz Little helps out at NCOF in countless ways large and small, from bottling syrup and making sure that the cats get fed to retrieving our pork and beef from the butcher. Liz is a huge part of the NCOF family. We love her for her generous and kind spirit, her sense of humor, her delicious lunches, and her willingness to pitch in.



## Phylis DiSano SHINE Volunteer

Phylis has been volunteering with SHINE (Serving Health Insurance Needs of Everyone) since she retired 10 years ago. Her work here involves helping elders navigate the many offerings in health and drug plans. Phylis says, "A cheerful smile, a handshake, a thank you and the opportunity to spend a few minutes with interesting people, keeps me coming back every week."

## Cindy Wright Director-Natick Drama workshop; Instructor-Children's Dance and Theater classes

"I am proud to share my love of theater and dance with so many wonderful Natick kids. Words cannot describe the joy they bring me. I am also grateful to work with some amazing adults: the fabulous staff at Cole Center and the enthusiastic parent volunteers at NDW." Thank you for 18 great years with, hopefully, many more to come!



Come share your skills with the Natick community and pay it forward!

Friends and Neighbors,

It is once again our pleasure to provide you with the newest edition of the Natick Common Guide. Two exciting new initiatives are under way in town that I'd like to bring to your attention:

**Enhanced Transportation Program – Volunteer Drivers Needed!**  
In partnership with the Metrowest Regional Transit Authority, the Community Services Department will soon be offering accessible transit services to help close the public transportation gaps so many of you have spoken with us about. At this time we are recruiting volunteer van drivers to make this program a reality.

**Citizen Leadership Academy –** The Town of Natick is delighted to be launching a new Citizen's Leadership Academy; a program designed to demystify the workings of your local government through interactive discussion, educational sessions and lots of time for questions and answers. We welcome and encourage you to check out the program in more detail, and to submit a simple on-line application. Additional information can be found in the following pages. Please join us!

The staff is pleased to offer you another great semester of programming and hope that you take part. If you aren't seeing classes or activities of interest, please let us know what you'd like to see the community offer and we'll do our best to deliver it.

On behalf of the department, I wish you a wonderful spring.

Jemma Lambert, Director  
Community Services Department

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# Directories

### COMMUNITY DIRECTORY

Affordable Housing	(508) 647-6428
<b>Bay Path Elder Services</b>	
Meals on Wheels	(508) 573-7200
Natick Cultural Council	(508) 277-2470
Emergency Shelter (SMOC)	(508) 872-4853
Family Resources of Natick	(508) 655-2557
<b>Food Pantries</b>	
A Place to Turn	(508) 655-8868
Natick Service Council	(508) 655-1791
Food Stamps (DTA)	(508) 661-6600
JFK Transportation	(508) 653-4500
Kids Connect	(508) 652-4211
Leonard Morse Hospital	(508) 650-7000
MetroWest Legal Services	(508) 620-1830
MetroWest Medical Center	(508) 383-1000
MWRTA The RIDE	(508) 820-4650
MWRTA Bus	(508) 935-2222
Natick Cab	(508) 653-2300
Natick Center Associates	(508) 650-8848
Natick Community Organic Farm	(508) 655-2204
Natick Housing Authority	(508) 653-2971
Natick Services Council	(508) 655-1791
NSTAR	(800) 592-2000
Pegasus (Local TV)	(508) 651-0022
Psychiatric Emergency Services	(508) 872-3333
Salvation Army	(508) 875-3341
TCAN	(508) 647-0097
Walnut Hill School	(508) 650-5020



Camp Mary Bunker

### NATICK MUNICIPAL NUMBERS

#### FEE REDUCTION PROGRAMS:

EARNED INCOME TAX CREDIT	(508) 647- 6519
ELDER & DISABLED TAXATION FUND	(508) 647- 6420
PROPERTY TAX EXEMPTIONS	(508) 647- 6420
PROPERTY TAX REDUCTION: SENIORS	(508) 647- 6540
PROPERTY TAX DEFERRAL PROGRAM	(508) 647- 6420
SCHOOL FEE ASSISTANCE	(508) 647- 6493
WATER/SEWER ASSISTANCE	(508) 647- 6420
ANIMAL CONTROL	(508) 647- 9545
BACON FREE LIBRARY	(508) 653- 6730
BOARD OF SELECTMEN	(508) 647- 6410
BUILDING INSPECTOR	(508) 647- 6450

#### CASE MANAGEMENT:

<b>ACCESS TO BENEFIT PROGRAMS</b>	(508) 647- 6540
CLERK, TOWN	(508) 647- 6430
COLLECTOR/TREASURER	(508) 647- 6425
COMMISSION ON DISABILITY	(508) 647- 6519

<b>COMMUNITY SERVICES DEPARTMENT</b>	(508) 647- 6540
COUNCIL ON AGING	(508) 647- 6540
HUMAN SERVICES	(508) 647- 6519
NATICK COMMUNITY ORGANIC FARM	(508) 655- 2204
RECREATION AND PARKS	(508) 647- 6530
VETERANS' SERVICES	(508) 647- 6545
CONSERVATION COMMISSION	(508) 647- 6452
ENGINEERING	(508) 647- 6551
FACILITIES DEPARTMENT	(508) 647- 6504
FIRE DEPARTMENT	(508) 647- 9551
HEALTH DEPARTMENT	(508) 647- 6460
HIGHWAY	(508) 647- 6562
MORSE INSTITUTE LIBRARY	(508) 647- 6520
PLANNING BOARD	(508) 647- 6450
POLICE DEPARTMENT	(508) 647- 9500
PROPERTY ASSESSMENT	(508) 647- 6420
PROPERTY TAXES	(508) 647- 6420
PUBLIC WORKS DEPARTMENT	(508) 647- 6550
AFTER HOURS EMERGENCY	(508) 647- 6550
RECYCLING CENTER	(508) 647- 6562
REGISTRAR	(508) 647-6459
SANITATION	(508) 647-6562
TOWN ADMINISTRATOR	(508) 647-6410
TOWN CLERK	(508) 647-6430

*"Never drive faster than your guardian angel can fly."*  
~Author Unknown

# Transportation

#### JUST A REMINDER

A CSC reminder that people with handicap placards are free to park anywhere in the parking lot. They need not limit themselves to a handicapped spot if they find a non-handicapped spot closer to the building. Also be aware that **all** the spots that run parallel to the building in the front are now marked for handicapped parking only.

#### TAXI COUPON PROGRAM

Natick Council on Aging has a Taxi Coupon Program with local taxis for qualifying seniors and disabled residents of the Town of Natick. Funding for this program was approved at the 2014 Spring Town Meeting and will continue through June 30, 2015. The intent of this program is to assist in paying the taxi fare, not pay the total fare. Taxi coupons are assigned and non-transferable and have no cash-back value. For additional information go to [www.natickma.org](http://www.natickma.org).

#### TRANSPORTATION PROGRAM

Did you know that we have volunteers who can drive you to your medical appointments at no cost to you? Natick Council On Aging (COA) has a wonderful transportation program designed to help Natick's seniors and people with disabilities get to their appointments on time. Call the CSC at (508) 647-6540 for information.

#### 2015 SENIOR PARKING PERMITS

Senior citizen parking permits will available to Natick residents age 65 and older for a \$2.00 fee. Parking Permits are available for purchase at the CSC and cover the calendar year (Jan-Dec). The permit will allow a Natick senior to park at a meter in downtown Natick for a maximum of two hours or less based on time allowed on the meter. Residents need to purchase a new permit each year. Permits for 2015 are available in January. Bring valid driver's license, vehicle registration and last year's parking permit.

# Community

#### BECOME A FRIEND OF THE NATICK SENIOR CENTER

The Friends of the Natick Senior Center run the Lincoln Cafe, the CSC gift shop and the Holiday Bazaar fundraiser. In addition, they help offset the costs of promoting programs at the CSC by paying the Common Guide postage and the Sentinel newsletter. You can become a Friend for \$10. annually. Call the CSC today at (508) 647-6540 for more information.

#### BIRTHDAY PARTIES AT THE CSC

Birthday celebrations are now going to be held on the 3rd Friday of the month, and will be sponsored by the Friends of the Natick Community-Senior Center! Come and celebrate with us! Cake, ice cream and fun! March 20, April 17, and May15 at 1:30pm. Call the CSC at (508) 647-6540 to register or online at [www.myactivecenter.com](http://www.myactivecenter.com).

### MOVIES CSC THEATER

#### MONDAY MOVIES

March 2, 2015  
March 9, 2015  
March 16, 2015  
March 23, 2015  
March 30, 2015  
April 6, 2015  
April 13, 2015  
April 20, 2015  
April 27, 2015  
May 4, 2015  
May 11, 2015  
May 18, 2015  
May 25, 2015

#### 1:00 & 5:30pm

Jersey Boys  
If I Stay  
The Giver  
Tammy  
Magic in the Moonlight  
The Skeleton Twins  
The November Man  
The Calling  
4 Minute Mile  
The Monuments Men  
A Night in Old Mexico  
Noah  
CLOSED Memorial Day

#### WEDNESDAY MOVIES

**"GRAB BAG"** Foreign, Independent, Documentaries, suggestions from viewers welcome!

March 4, 2015  
March 11, 2015  
March 18, 2015  
March 25, 2015  
April 1, 2015  
April 8, 2015  
April 15, 2015  
April 22, 2015  
April 29, 2015  
May 6, 2015  
May 13, 2015  
May 20, 2015  
May 27, 2015

#### 1:00 & 5:30pm

Tess  
Slumdog Millionaire  
America: Imagine the World without her  
Le Chef  
God's Not Dead  
The Lives of Others  
Ida  
For A Woman  
Like Father, Like Son  
A Trip to Italy  
Fed Up  
Gloria  
Ragnarok

#### THURSDAY MOVIES

March 5, 2015  
March 12, 2015  
March 19, 2015  
March 26, 2015  
April 2, 2015  
April 9, 2015  
April 16, 2015  
April 23, 2015  
April 30, 2015  
May 7, 2015  
May 14, 2015  
May 21, 2015  
May 28, 2015

#### 1:00 & 5:30pm

Rise of the Planet of the Apes  
Maleficent  
A Most Wanted Man  
When the Game Stands Tall  
Wish I Was Here  
Million Dollar Arm  
And So It Goes  
Frontera  
This is Where I Leave You  
Begin Again  
Dawn of the Planet of the Apes  
What If?  
Capote

Movie descriptions available at the CSC



# Trips



## COLLETTE VACATION TRIPS

### COLLETTE TOURS INFORMATION SESSION

#### Location: CSC

Come and hear about upcoming trips coordinated through the Natick Community-Senior Center with Collette Tours to the Grand Canyon (discount reservation deadline is 3/10/15) and Australia/New Zealand (discount reservation deadline is 5/7/15) in 2015 and looking ahead to trips in 2016 to Hawaii, Portugal/Spain with representative Vincent Brown.

Day	Times	Dates	Price
Thu	7pm	Mar 5	free

\*please register

- **CANYON COUNTRY  
FEATURING ARIZONA & UTAH**  
September 17-25, 2015  
(800) 852-5942  
reservation # 643758

**FROM THE OUTBACK TO THE GLACIERS,  
AUSTRALIA & NEW ZEALAND –**  
November 12- December 3, 2015  
(800) 852-5942  
reservation # 643781  
Call (800) 852-55655 for more information.

Please call Collette Travel, 1-800-852-5655, and give the representative the tour reservation number associated with the trip for which you would like to get further information. Brochures are available at the CSC.



## ST PATRICK'S DAY CELEBRATION WITH THE REAGLE PLAYERS

Bus departs from Natick Community-Senior Center

Join us for a day trip to the Reagle Music Theatre, Waltham on Saturday, March 14. Luxury Bus Departs Natick Community-Senior Center at 11:30am and returns 5pm. First stop is lunch at the Old Country Buffet– something to please everyone!

'A Little Bit of Ireland' show will feature the Reagle Players and special guests—Irish Tenors, Massachusetts Harp Ensemble, Irish Step Dancers from Harney Academy, stories and songs to lift your spirit, set your toes a-tapping and share some laughs. Pure Celtic Magic. All ages welcome. Cost is \$79 per person. Cash or Check, payable to 'Town of Natick'.

Saturday, 11:30am-5:00pm, Mar 14  
\$79; includes event ticket and lunch.

## NORTH SHORE DAY TRIP- Salem, Rockport, and Gloucester

Bus departs from Natick Community-Senior Center

Depart the Natick Community-Senior Center at 8:30am on a luxury Fox bus for the day trip to the North Shore. The first stop is the Peabody Essex Museum and historic Salem to explore over 200 years of maritime trade history in this world class museum collection with a special exhibit of American artist Thomas Hart Benton. Then board the bus and head to Gloucester for lunch at the Gloucester House Restaurant (choice of baked scrod or baked chicken). There's one more stop in scenic Rockport where you can explore shops, seaside views and motif #1! Return home at approximately 5:30pm.

June 19, Friday, 8:30am-5:30pm  
\$74 includes lunch and fee to PEM

*"I always liked those moments of epiphany,  
when you have the next destination."  
- Brad Pitt*

# Community



## ST. PATRICK'S DAY BRUNCH

Sponsored by the Natick Rotary Club

**Sunday, March 15, 10-11:30am.**

**Limeted to the first 125 people.**  
**Call f508-647-6540 to register. Advance sign-up required.**



## NATICK EARTH DAY FESTIVAL

Natick Common, Sunday, April 26, 11am - 3pm.  
(Rain Date: Sunday, May 3).

Natick Goes Greener. Visit interesting vendors and grass-roots organizations, get some tasty food, enjoy wonderful music and performers, have a great day with your family and friends. Learn more about your amazing community. Contact Pat Conaway for more info or if you'd like to get involved. (bpconaway@gmail.com) or Natick Earth Day Festival Facebook.com

## NATICK GREEN-UP WEEK

Join a group for a clean-up project in Natick  
April 21-24, 9am - noon

Meet at Roche Bros. Natick, 150 W. Central St. and sign up for a clean-up project in Natick. Give back to your community. Heal the earth. Make new friends. Email Pat at bpconaway@gmail.com.

## MOTHER'S DAY BREAKFAST Location: CSC

Free event to celebrate Mothers! All are welcome- both Mothers and others, reservation required. Please call 508-647-6540 to register. Sponsored by Mary Ann Morse Healthcare Center. Entertainment provided by Tony D'Eramo, strolling accordian player.

Friday, 9:30-11:00am, May 8  
free, call for reservation 508-647-6540

## WALK IN THE WELLESLEY COLLEGE ARBORETUM

**Location: Meet at Wellesley College Greenhouse,  
parking in Grey Lot**

Join this docent led walk leading through gardens, flowering shrubs and specimen trees introduced from around the world by H.H. Hunnewell. The area is hilly with uneven terrain and moderate walking difficulty. Registration required 508-647-6540.

Day	Times	Dates	Price
Tue	10:30-11:30am	May 19	Free

Space is limited; call to register 508-647-6540.

## GARDEN TOUR AT ELM BANK MASS HORTICULTURE

**Location: Elm Bank, 900 Washington St (Rt 16), Visitor Center**

Join a docent led tour of the variety of gardens at Elm Bank including the All America Selection Trial Gardens, Weezie's Garden, The Bressingham Garden, The Italianate Garden, The Goddess Garden, The James Crockett Memorial Garden, and the Society gardens. The grounds and gardens of Elm Bank are handicap-accessible. Registration required 508-647-6540.

Day	Times	Dates	Price
Fri	10am	May 29	free

## NATICK VOLUNTEER FAIR AT THE COMMUNITY-SENIOR CENTER (CSC)

Find your perfect match at the Natick Volunteer' Fair! Drop by and find out how YOU can make a difference right here in your community. Opportunities abound for your talents. Come and meet representatives from Natick community organizations. Break-out sessions on Finding Your Best Volunteer Fit and Learn about Serving on a Town Board or Commission with Town moderator Frank Foss. Refreshments offered.

Day	Times	Dates	Price
Mon	4-7:30pm	May 4	free

## TRAIL ADVENTURES with Pat Conaway

Location: Meet at CSC and head out to designate Natick trails. Join Natick Trails Buddy founder, Pat Conaway and hike the beautiful trails of Natick, learn about the area and nature. Light trail maintenance opportunities are available if you would like to help. Register with Pat, bpconaway@gmail.com or call 508-647-6540

Day	Times	Dates	Price
Sat	noon-1:30pm	Mar 21, Apr 18, May 16, Jun 20	free

Rain or shine. Bring water and snacks.



# Connect

## AGING PARENTS AND CHANGING FAMILIES

**Location: CSC**

Families are changing as a result of fewer children, longer lives and greater geographic mobility. How can we stay in touch and create communities for social support? For people of Asian descent this presents even more challenges. Join Brandeis University Professors Janet Giele (Professor Emerita of Sociology, Social Policy and Women’s Studies at the Heller School for Social Policy and Management) and Sarah Lamb (Professor of Anthropology) for a look at this issue.

Day	Times	Dates	Price
Thu	7pm	Apr 23	free

## ASK AN ATTORNEY

**Attorney Julie McQuade Ladimer**

**Location: CSC**

Private 15-minute appointments are available with Elder Law Attorney. Bring your legal questions to an experienced attorney for individual legal advice and/or appropriate referrals.

Day	Times	Dates	Price
Wed	variable	variable	free

## BAGELS WITH THE BOS

**Location: CSC**

Enjoy conversation with members of the Board of Selectmen. Bagels provided by Whitney Place.

Day	Times	Dates	Price
Thu	9:00am	Mar 26, Apr 23 & May 28	free

## CIRCUIT BREAKER PRESENTATION

**The Office of Sen. Ross and the Departartment of Revenue**

**Location: CSC**

Senator Richard Ross will host an informational presentation on the Circuit Breaker Tax Credit with a representative from the Massachusetts Department of Revenue.

Day	Times	Dates	Price
Wed	noon	Mar 18	free

registration required

## COFFEE AND CURRENT EVENTS

**Instructor: Joe Weiss**

**Location: CSC**

Discuss international, national, state and local issues of the day with Joe Weisse, the Host of Conversations on the Natick Cable – Government Channel. Joe serves on the Natick Safety Committee and on the MBTA Advisory Board.

Day	Times	Dates	Price
Fri	10:30am & May 22	Mar 27, Apr 24	free

Call the CSC at 508-647-6540 to register in advance or online at [www.myactivecenter.com](http://www.myactivecenter.com).

## COMMUNITY ESSENTIAL SKILLS PROGRAM FOR THE VISUALLY IMPAIRED

**Instructor: Renee Man\***

**Location: CSC**

Community Essential Skills is a seven-week course designed to teach valuable independent living skills to individuals who are visually impaired. Participants in the program will try adaptive equipment and learn new techniques to improve skill, confidence and independence. Topics include: Getting Around Safely, Personal Care, Cooking and Eating, Money and Mail, and more. Each class will offer a combination of lecture and hands-on activities in a supportive group atmosphere. Legally Blind participants can have their tuition covered by the Mass Commission for the Blind. Tuition assistance may be available for those who are not legally blind. Please contact the CSC at 508-647-6540 for more information and to sign up. The program is limited to 8 people.

Day	Times	Dates	Price
Wed	9am-1:00pm	Mar 25-May 6	free*

\* Free for the legally blind.

## CONQUER THE CLUTTER

**Presenter: Kazia Navas**

**Location: CSC**

Do you sometimes feel overwhelmed by clutter and procrastinate cleaning out that file cabinet, closet, or garage? In this 6-session facilitated group discussion, you will learn basic organizing techniques, complete a home project, deal with procrastination, and avoid future clutter situations. Gain motivation and ideas, and make it happen. YOU CAN DO IT!

Day	Times	Dates	Price
Fri	1-2pm	Mar 10, 17, 24	\$21

Register at CSC, 508-647-6540. Cash or check due upon registration.

## DANCE SOCIAL

**TO CELEBRATE OLDER AMERICANS MONTH**

**Location: CSC**

Thank you to our community partner, Mary Ann Morse for funding this fun social event featuring ‘Swing Times Five’ Swing Band with top shelf Boston musicians offering music from the Great American Songbook with vocalist Debbie Larkin. Refreshments, dancing optional. Registration 508-647-6540. All are welcome!

Day	Times	Dates	Price
Thu	7-9:30pm	May 28	free

registration requested

## GENEALOGY: An Introduction

**Location: CSC**

Join Seema Kenney as she presents an overview of this fascinating endeavor including how to get organized, groups to join, accessing information and more. Whether you’re undertaking genealogy research for your own family or to help someone else, this class with get you started.

Day	Times	Dates	Price
Thu	1-2pm	Mar 19	\$7

registration requested.

# Connect

## GENEALOGY MEET-UP

**Location: CSC**

Whether you are new to genealogy or have been at it for years, you are welcome to come to this informal group, hosted by Rosemarie who has been exploring her own family genealogy and those of others for over 15 years. Bring your paper materials or electronic research for discussion.

Day	Times	Dates	Price
Fri	1-2pm	Mar 6, Apr 3, May 1	free

## GENEALOGY- USING CENSUS REPORTS

**Location: CSC**

Knowing how to use Census records is the key to genealogy. Learn the 11 clues found in the census and the 27 other sources to confirm what is in the census report.

Day	Times	Dates	Price
Fri	11am-noon	Apr 24	\$7

registration requested

## GENEALOGY- USING THE INTERNET FOR RESEARCH

**Location: CSC**

Genealogy resources available on the Internet are many and diverse. Come and learn about the best ones, cost and access. Knowing which resources to go to will make your genealogy research more productive and more fun.

Day	Times	Dates	Price
Thu	1-2pm	May 21	\$7

registration requested

## HOSPITAL SURVIVAL GUIDE & DISCHARGE PLANNING

**Location: CSC**

We all need to be our own advocate in this ever changing healthcare system, including hospital stays and discharges. Learn about what to expect, quality assurance and proper navigation during your hospital stay and how to prepare for your discharge back home for the best recovery. A must attend seminar for all of us! Registration 508-647-6540.

Day	Times	Dates	Price
Thu	1:30-2:30pm	May 14	free

## IN-HOME CARE SERVICES: WHAT YOU SHOULD KNOW!

**Location: CSC**

There are many choices and resources available for Home Care. You need to understand the differences between all the different home care options. This presentation will explain the range of home care options, cost, services, questions to ask and what to expect. Registration 508-647-6540.

Day	Times	Dates	Price
Tue	1:30-2:30pm	May 26	free

## LOOKING FOR A GOOD BOOK?

**Location: CSC**

Join book buyer from Wellesley Books and lifelong book enthusiast, Lorna Ruby as she talks about new titles in both fiction and non-fiction. She'll bring samples to show and offer for sale.

Day	Times	Dates	Price
Fri	2-3pm	March 13	free

## MAKING MEDICARE WORK FOR YOU

**Location: CSC**

Will you be eligible for Medicare soon? Come and find out about enrollment, Medicare Plans, supplemental insurance to consider and all the other choices in this program. Dorene Nemeth, MetroWest Regional SHINE Director will present and answer all your questions. SHINE (Serving the Health Insurance Needs of Everyone) is a free public resource providing confidential unbiased information about Medicare.

Day	Times	Dates	Price
Thu	7-8:30pm	Mar 26	free

## OPERA APPRECIATION SERIES

**Instructor: Ron Williams**

**Location: CSC**

The course will be guided by Ron Williams, an award winning artist familiar to opera and concert audiences throughout New England. He made his Boston Lyric Opera debut in 1992 after touring opera houses throughout Europe. He performed roles with several companies nationally including San Francisco spring Opera, Michigan Opera. He sang in the world premiere of “The Last Leaf” with Opera San Jose.

Day	Times	Dates	Price
Fri	10:30am	Jan 23-Apr 17	\$5/class

No class Apr 3

## PROTECTING YOUR JOINTS

**Location: CSC**

Join us with three experts from Spaulding Rehab who will talk about arthritis, adaptive equipment, joint protection and exercise. With Anita Thompson, P.T., physical therapist; Helen Anzick, O.T.R./L, Occupational Therapist; and Dr. Dana Kotler attending physician at Spaulding Outpatient Center Wellesley, Newton-Wellesley Hospital and Clinical Instructor at Harvard Medical School. Q&A will follow their presentation.

Day	Times	Dates	Price
Wed	1-2:30pm	Apr 15	free

## PANTRY STAPLES: THE HEALTH BENEFITS

**& CULINARY USES OF STAR NUTRITION INGREDIENTS**

Everyone has an opinion about what to feed your body. Some of the healthiest, tastiest ingredients are easy to use and can also be less expensive than you think. Please join Barbara Gold, RD, CPC, BayPath’s Nutritionist to hear about Pantry Staples. You will learn about what to have on hand and how to create good, healthy food with star nutrition ingredients.

Day	Times	Dates	Price
Thu	9:30am	Mar12	free

# Connect

## RED CROSS BLOOD DRIVE

Held monthly at the Community-Senior Center, these blood drives are a fantastic way to give back to your community. The American Red Cross is always looking for donors and has urgent need all blood types. Thanks to your generosity, the ARC continues to exceed its goal! Please continue this great trend by contacting the ARC and setting up an appointment to donate at our next drive.

Day	Times	Dates
Mon	2-7:00pm	Mar 9, Apr 6, and May 11

## RED SOX HEROES - A TALK WITH HERB CREHAN

**Location: CSC**

Join Herb Crehan, who has been the Red Sox historian for 20 years as he looks at the Heroes of our beloved Sox. He'll include interviews that he has conducted with over 125 former players.

Day	Times	Dates	Price
Wed	7-8:30pm	Apr 8	free

## RED SOX OPENING DAY ON THE BIG SCREEN!

**Location: CSC**

Popcorn and snacks—we're pumped! The Sox are back and spring has sprung. Come cheer our team on and check out all the new players.

Day	Times	Dates	Price
Mon	3pm	Apr 13	free

## REPRESENTATIVE LINSKY'S OFFICE HOUR

**Location: CSC**

Day	Times	Dates
Mon	9:30am	1st or 2nd Monday of the month

Call Rep Linsky's office to confirm (617) 722-2575

## SENATOR RICHARD ROSS' OFFICE HOUR

**Location: CSC**

Drop in with your questions / concerns.

Day	Times	Dates
Mon	10am	Mar 23

## STAINED GLASS PUBLIC ART PRESENTATION

**Presented by: Carol Krentzman, local artist**

**Location: CSC**

Carol will do a presentation which will include a power point about the CSC's Stained Glass Restoration project and about her mosaic tile quilt "Garden Bed" sculpture. There will be time for questions on the processes and a quilt related paper craft.

Day	Times	Dates	Price
Tue	1pm	Mar 31	free

,

## TED TALKS' DISCUSSION GROUP

**Jillian Wilson-Martin, Natick Sustainability Coordinator**

**Location: CSC**

Each month attendees will be invited to watch about 20 minutes of TED Talks and then participate in a discussion about the ideas presented. Jillian will facilitate the conversation and will lead discussions on a wide range of topics, from 'greening the ghetto' to the 'future of shareable cities.'

Day	Times	Dates	Price
Thu	11am	Mar 12, May 14	free
Thu	7pm	Apr 9	free

## THE GREAT HEALTHY YARD PROJECT: A BEGINNER'S GUIDE TO ORGANIC LAWN CARE & GARDENING

**Jillian Wilson-Martin, Natick Sustainability Coordinator**

**Location: CSC**

Learn how to have a healthy yard and garden while avoiding chemicals that are harmful to our environment. During this one hour course, you will learn about the impact pesticides have on our local drinking water and will receive practical tips from local organic lawn care companies. This lecture is geared to those wishing to gather information to convey to their landscape service provider.

Day	Times	Dates	Price
Thu	10am	Mar 26	free
Thu	7pm	Apr 2	free

## WASTE NOT WANT NOT:

### A BEGINNER'S GUIDE TO COMPOSTING

**Jillian Wilson-Martin, Natick Sustainability Coordinator**

**Location: CSC**

According to the U.S. Environmental Protection Agency, 20% of our trash comes from food. What a waste! Learn how to turn your kitchen scraps and yard waste into wonderfully rich compost that can be used as a soil amendment or mulch for your garden and shrubs. Learn about local composting resources and the composting bins that are available to Natick residents at or below cost.

Day	Times	Dates	Price
Thu	7pm	Apr 16	free

*"The future will either be green  
or not at all."*

*~ Bob Brown*

## DIFFICULT CONVERSATIONS TO HAVE WITH AN ELDERLY LOVED ONE

Please join us for this informal session on how to best have end of life discussions with an elderly loved one. We'll talk about planning ahead, how to be a loving advocate, naming a health care proxy, and learn about a MOLST document. Led by Chaplain Linda Giarla, MAPR, graduate of Andover Newton Theological School, and Interfaith Chaplain at Leonard Morse Hospital, Metrowest Medical Center for 20 years. This one-hour session will be offered on 2 different dates - see below.

Day	Times	Dates	Price
Sat	11:30-12:30pm	May 2	free
Wed	11:30-12:30pm	May 20	free

# Volunteer

## VOLUNTEERS NEEDED

We are looking for individuals who are interested in modeling for our All Media Art class, which meets every Friday at 10am. We would like a model about once a month to sit during our class time.

## NEW TRANSPORTATION WITH MWRTA

We are excited to announce a new transportation program that will be starting soon. We are partnering with the MWRTA to provide transportation services to help to serve Natick's seniors, youth and people with disabilities. The Community Services Department will be looking for interested volunteers to drive four-hour shifts. No special license is required; all drivers will be trained and insured; the routes will be pre-designed and primarily local destinations. Teams of 2 are welcome.

## TRANSPORTATION PROGRAM – CRITICAL NEED

We always have a need for drivers for our transportation program. Volunteers provide rides for seniors or people with disabilities to get to appointments or errands. The volunteer must have their own car. We reimburse for travel expenses. This volunteer opportunity has a great deal of flexibility and provides a wonderful chance to meet new people. Volunteers can choose if they prefer to drive locally (i.e. Natick, Framingham, Newton-Wellesley Hospital), into Boston, or both. Please consider volunteering by giving a few hours of your time to help out your neighbor!

## C.H.O.R.E. PROGRAM

Know your way around a toolbox? Willing to help out someone who needs a little help around the house? Our C.H.O.R.E. program provides minor home repair and chore service to Natick's senior citizens. Our volunteers can help!

**If interested in any volunteer opportunities, please e-mail  
kedwards@natickma.org.**

# Clinics

## Medical Clinics & Blood Drive at the CSC

### RED CROSS BLOOD DRIVES

Day	Times	Dates	Price
Mon	2:00-7:00pm	3/9, 4/6 & 5/11	free

Please book an appointment for your donation by calling **1-800-REDCROSS** (733.2767) or visit [www.redcrossblood.org](http://www.redcrossblood.org).

### BLOOD PRESSURE CLINICS

**Appointment required. FREE**

Provided by the Natick VNA and Distinguished Care Options and Long-Term Solutions.

Day	Times	Dates
Wed	1:30pm	3/11, 3/25, 4/8, 4/22, 5/13, 5/27

Call the CSC (508) 647-6540 to register.

### PODIATRY CLINIC WITH DR. JOHN

**Appointment required\***

Day	Times	Dates	Price
Wed	9:00am-12:00pm	3/11, 4/8 & 5/13	*

\* Fee will apply

Call the CSC (508) 647-6540 to schedule an appointment.

### 'THE NURSE IS IN'

**Instructor: Natick VNA and Distinguished Care Options**

The nurse is available to discuss any health conditions or concerns.

Day	Times	Dates	Price
Thu	1- 2:00pm	weekly	free

Drop-in with your questions and concerns.

*"We thought that we had the answers,  
it was the questions we had wrong."  
~ Bono*



# Computers

## BASIC COMPUTER

**Instructor: Swati Dave**

**Location: CSC**

This introductory class will teach you how to become skilled on the computer. Space is limited 7.

Day	Times	Dates	Price
Sat	10:00am-noon	Apr 11	\$15

## COMPUTER LAB

**Instructor: Tom Swan**

**Location: CSC**

Drop-in, first come, first served with your computer questions.

Day	Times	Dates	Price
Tue, Wed, Thu	1-3:00pm	ongoing	free

## EMAIL BASICS

**Instructor: Swati Dave**

This introduction to email is a hands-on workshop that will provide you with: a working understanding of the basic features of email programs, confidence to use them on a daily basis, and the knowledge of how to send and receive email and attach documents. Space is limited 7.

Day	Times	Dates	Price
Thu	10:00am-noon	Mar 14	\$15

## FOSS (FREE, OPEN-SOURCE SOFTWARE) USER GROUP

**Location: CSC**

Learn about good, free, reliable software for your computer, and share ideas with others who use it! The best of it rivals what you can buy, and also breathes life back into weaker computers. All computer users are welcome. Usually meets the first Thursday of the month, except on the second Thursday in January, July and September.

Day	Times	Dates	Price
Thu	3-6:00pm	Mar 5, Apr 2, & May 7	free

## INTRODUCTION TO EXCEL

**Instructor: Swati Dave**

This beginner's Microsoft Excel class is a hands on workshop will introduce you to MS Excel and how to create worksheets and manage data. Space is limited 7.

Day	Times	Dates	Price
Sat	10am-noon	May 9	\$15

## INTRODUCTION TO POWERPOINT

**Instructor: Swati Dave**

This intermediate hands-on workshop will teach you to jazz up your presentations using animations and slide transitions. Class size limited to 7.

.Day	Times	Dates	Price
Sat	10:00am-noon	May 23	\$15

## INTRODUCTION TO WORD

**Instructor: Swati Dave**

This beginner's class for Microsoft Word hands on workshop will introduce you to MS Word, the skills to edit and format documents with ease, insert tables, and the ability to set up pages and print documents. Space is limited 7.

Day	Times	Dates	Price
Sat	10:00am-noon	Apr 18	\$15

## INTERMEDIATE EXCEL

**Instructor: Swati Dave**

This Intermediate MS Excel class is a hands-on workshop that will further your understanding of MS Excel, and expand your knowledge of functions and formulas to save time and reduce workload. Space is limited 7.

Day	Times	Dates	Price
Sat	10:00am-noon	May 16	\$15

## INTERMEDIATE POWERPOINT

**Instructor: Swati Dave**

This intermediate hands-on workshop will teach you to jazz up your presentations using animations and slide transitions. Class size limited to 7.

Day	Times	Dates	Price
Sat	10:00am-noon	May 30	\$15

## INTERMEDIATE WORD

**Instructor: Swati Dave**

This intermediate Microsoft Word hands-on workshop that will expand your knowledge of MS Word, the skills to edit and format documents with ease, insert tables, and the ability to set up pages and print documents. Space is limited to 7.

Day	Times	Dates	Price
Sat	10:00am-noon	May 2	\$15

# Table Games



## CONTRACT BRIDGE FOR INTERMEDIATE BEGINNERS

**Instructor: Doris Burke**

**Location: CSC**

This course is geared for those who have taken a beginners course and wish to review the fundamentals of the game and learn new material and for players who have not played the game for a long time and wish to refresh their skills. Each class will begin with a review and an introduction of new material. The second half of the class will be devoted to the play of the cards with prepared and randomly dealt cards. 8 weeks.

Day	Times	Dates	Price
Mon	10am-noon	Apr 6-June 8	free

No class Apr 20 & May 25

Call the CSC at 508-647-6540 to register or online at [www.myactivecenter.com](http://www.myactivecenter.com).

## CONTRACT BRIDGE - DROP IN

**Location: CSC**

This is an informal bridge group for people who have some knowledge of the game. No formal instruction but materials are provided.

Day	Times	Dates	Price
Thu	9am-noon	ongoing	free
Fri	1-4pm	ongoing	free

## DUPLICATE BRIDGE - DROP IN

**Location: CSC**

For experienced bridge players. You may attend without a partner. Welcome to come and observe on your first visit then join in when you are comfortable. A social, fun group. Materials provided.

Day	Times	Dates	Price
Wed	12:30-4:00pm	ongoing	free

## INTERMEDIATE BRIDGE- CONTINUES

**Instructor: Robert Baum**

**Location: CSC**

Intermediate Bridge continues! If you are comfortable with the basics and want to improve your game, Intermediate Bridge is for you. A fun and friendly group learns and practices the next level of the game including negative doubles, new minor forcing, defensive carding, opening leads and much more. 8 Sessions include instruction and discussion followed by play where questions are encouraged. If you enjoy the challenge of bridge and want to get better, join us.

Day	Times	Dates	Price
Tue	3-5pm	Apr 7-May 26	\$80



## BILLIARDS - DROP IN

**Location: CSC**

Pick-up games. 18 years old or older.

Day	Times	Dates	Price
Mon-Fri	9:00am - 4:00pm	ongoing	free

## BINGO - DROP IN

**Location: CSC**

Operated by the Friends of the Natick Senior, Inc., seniors may play once and then need to join the Friends in order to play. New electronic bingo system.

Day	Times	Dates	Price
Tue & Thu	12:45pm	ongoing	fee

Call for details.

## MAH JONGG - DROP IN

**Location: CSC**

Friendly game, no money involved.

Day	Times	Dates	Price
Tue	12:00pm	ongoing	free
Fri: beginners	call	call	free

## PING PONG - DROP IN

**Location: CSC**

Pick-up games. Under 18 must have an 18+ with them.

Day	Times	Dates	Price
Mon	3:00-5:00pm	ongoing	free
Fri	2:00-7:00pm	ongoing	free

## POKER - DROP IN

**Location: CSC**

Friendly game, no money involved.

Day	Times	Dates	Price
Mon	12:00pm	ongoing	free

## SCRABBLE - DROP IN

**Location: CSC**

Day	Times	Dates	Price
Mon	1:00pm	ongoing	free

Register for all CSC classes call: 508-647-6540

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Create & Make



ALL MEDIA OPEN WORKSHOP

**Location: CSC**  
Artists can sketch in charcoal, pencil, or any medium they choose. Participants can apply color in other mediums as well. Please bring your own supplies.

Day	Times	Dates	Price
Fri	10:00am	ongoing	free

Call (508) 647-6540 to register or online at [www.myactivecenter.com](http://www.myactivecenter.com)

BEADED JEWELRY MAKING PROGRAM – Drop-in:

Location: CSC			
Come and make your own beaded jewelry creations including earrings, bracelets, necklaces, etc. All materials are provided and there is a modest charge per item made and taken.			
Day	Times	Dates	Price
Mon	10:00am–12:00pm	3/9.3/23, Apr - MayTBA	\$5*
*charged per item that you take home.			
Drop in or call the CSC (508) 647-6540 to register.			

KNITTING & CROCHETING

Location: CSC			
All are welcome to join and may bring any supplies to use. We also have yarn on hand to get started. This isn't an instruction class, but our experienced knitters can answer any questions and knitting challenges you bring.			
Day	Times	Dates	Price
Wed	1:00pm	ongoing	free
Call (508) 647-6540 to register or online at <a href="http://www.myactivecenter.com">www.myactivecenter.com</a> .			

PORTRAIT PAINTERS			
<b>Location: CSC</b> Portrait Painters paint a live clothed model. All mediums are used, but turpentine is not allowed. Models are paid \$40 that comes from collecting \$6 from all artists that are using the model and is payable at the front desk. If you would like to model for the group please call (508) 647-6540.			
Day	Times	Dates	Price
Thu	10:00am-noon	ongoing	\$6 per class
Register at CSC, (508) 647-6540. Cash or check payable to 'Town of Natick' due on the day of session.			

QUILTING			
<b>Location: CSC</b> All levels welcome to this informal quilting group. No formal instruction is given but if you bring your project the group will most likely be able to offer guidance and suggestions. There are various supplies available for use including cutting boards, rotary cutters, sewing machines and fabrics. Machine and hand quilters welcome.			
Day	Times	Dates	Price
Thu	1:00-3:00pm	ongoing	free
Call (508) 647-6540 to register or online at <a href="http://www.myactivecenter.com">www.myactivecenter.com</a>			

WRITER'S GUILD			
<b>Location: CSC</b> This group of (mostly) amateur writers provides support to other writers, a venue to test your writing efforts by reading your work aloud, and gentle guidance and feedback from group members if you wish. Members share their work including poetry, fiction, memoirs, essays and journal entries. Everyone has unique stories to tell, unique points of view, opinions and ideas and this group will help you improve, learn and enjoy what others are doing.			
Day	Times	Dates	Price
Tue	1:00pm	ongoing	free
Call (508) 647-6540 to register or online at <a href="http://www.myactivecenter.com">www.myactivecenter.com</a>			

“Art is the only way to run away  
without leaving home.”  
~Twyla Tharp



Try a new evening class for the fun of it!



TRY A MASSBAY  
CLASS AT NATICK CSC  
Register for MassBay classes online:  
[www.massbay.edu](http://www.massbay.edu)

FOR  
COLLEGE CREDIT

We are pleased to continue our partnership with MassBay by offering these for credit classes. Look for summer classes at a later date. Register (with a check) in person at the CSC, 117 E. Central St., Natick, MA or register (with a charge) online at [www.massbay.edu](http://www.massbay.edu).

<b>HU-105: EXPLORING WORLD RELIGIONS (3 credits)</b> <b>Mon-Wed 6-9:00pm. CSC, Fee \$522.</b> This course compares what world religions believe about God, atheism, grace, karma, incarnation, reincarnation, heaven and hell, and what these beliefs contribute to our understanding of contemporary issues, including ecology, artistic expression, and global awareness. Class runs March 23-May13.
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<b>MK-103: PRINCIPLES OF MARKETING (3 credits)</b> <b>Mon -Wed, 6-9:00pm. CSC, Fee \$522.</b> Examines contemporary marketing principles, concepts, and managerial practices. Studies the marketing environment, consumer behavior, marketing, research, and information systems. Analyzes the marketing mix in terms of product planning and development, distribution management, pricing strategies, and promotional practices. Focuses attention on the social and legal responsibilities of marketing and consumerism. Examines the nature and importance of international and global marketing. Case problems and current issues are discussed and analyzed. Class runs March 23-May13.
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<b>BELLY DANCING FOR FUN, beginners, 16 years old -adult, CSC, Natick</b> <b>Charlene Harper</b> What better way to celebrate life than by learning the ancient art of belly dancing? Discover your feminine grace through learning to shimie and make the classic body shapes and undulations. Wear a fitted top, comfortable pants or leggings, soft dance slippers, and bring a bottle of water. Tuesday evenings, 6:30-7:30pm. March 24- May 12th, 8 weeks/\$80. Call (508) 647-6540 to register.
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<b>BOLLYWOOD DANCING: beginners, 16 years old -adult, CSC</b> <b>Monisha Rajinikanth</b> Learn the fun and energetic style of modern Indian dance based on the classic dance and music tradition of Bollywood. Not for the faint of heart as we'll be moving around a lot. Wear comfy clothes, bring a bottle of water, and be prepared to really dance like a Bollywood star! Tuesday evenings 7:30-8:30pm March 24- May 12th, 8 weeks/\$80. Call (508) 647-6540 to register.
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<b>TAP DANCING: beginners, 16 years old -adult, CSC, Natick</b> <b>Serge Genesee</b> Local tapper Genesee has been tapping for over 50 years, first in Maine and then in MA and at Wellesley College! Find your rhythm and learn to dance to peppy numbers like TAP GREATS – Gene Kelly, Fred Astaire, and Gregory Hines. We'll dance energetically with tap shoes to some great jazz sounds from classic Hollywood and modern musicals. Wear comfy clothes, bring a bottle of water and towel, and be prepared to really dance like a star! Students must purchase tap shoes in advance. Tap shoes may be purchased on various websites beginning at \$21. and up. Tuesdays, 5-6:00pm. \$80/ 8 weeks. Class begins March 3rd and ends on 5/5. No class 3/31 and 4/7. Call (508) 647-6540 to register.
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<b>WRITING YOUR ETHICAL WILL</b> <b>Merle Glee Snyder</b> The writing of an Ethical Will is an ancient and also a modern practice. If you are about to be married, about to give birth, in the process of a divorce, in mid-life or at the end of life, you can write an Ethical Will in addition to your Will of Inheritance and your Living Will. In this class we will identify our values and transmit the precious legacy received from our mothers and fathers to our own children and grandchildren through this precious document. Class runs on 3/11, 3/18, 3/25, and 4/1 @ 7:00-8:30 pm 4 sessions @ \$60.00
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Register for all CSC classes call: 508-647-6540



Get Fit

CHAIR VOLLEYBALL

**Location: CSC**  
Chair Volleyball is a modified version of regular volleyball played with an inflatable beach ball. A great team activity, that can improve upper body mobility, balance and strength.

Day	Times	Dates	Price
Mon	12:00pm	ongoing	free
Wed	10:30am	ongoing	free
Fri	10:30am	ongoing	free
Register at CSC, (508) 647-6540. Cash or check, payable to ‘Town of Natick’ due upon registration.			

FITNESS ROOM AT CSC

The Fitness Room at the CSC is a small community gym with cardio-vascular equipment, KEISER Pneumatic weight machines, and free weights. To join you must first schedule an orientation. The membership fee is \$25 for those 60 and above and \$40 for those 18-59 for a six-month membership. Gift certificates are available from the front desk at the CSC.  
Supervised Fitness Room Hours are offered with a trainer for people who need expert advice. Please contact the CSC for more information and hours, 508-647-6540.

SMALL GROUP PERSONAL TRAINING ADVANCED

**Instructor: Fitness Together Staff**  
**Location: CSC**  
Small group personal training will focus on strength, flexibility and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. This class is appropriate for those who have done small group before or regular exercisers. New sessions start each month.

Day	Times	Dates	Price
Tue & Thu	10-11:00am	Mar 16-Apr 14	\$100/session
Tue & Thu	10-11:00am	Apr 15- May 12	\$100/session
Tue & Thu	10-11:00am	May 14-Jun 9	\$100/session

SMALL GROUP PERSONAL TRAINING - EVENING

**Instructor: Fitness Together Staff**  
**Location: CSC**  
Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. This class is appropriate for those who have done small group before or regular exercisers. New sessions start each month.

Day	Times	Dates	Price
Tue & Thu	7-8:00pm	Mar 16-Apr 14	\$100/session
Tue & Thu	7-8:00pm	Apr 15- May 12	\$100/session
Tue & Thu	7-8:00pm	May 14-Jun 9	\$100/session

VIDEO EXERCISE

**Location: CSC**  
Low impact beginners aerobics. Many exercises can be done from a chair. Richard Simmon’s “Silver Foxes’ DVD will be used.

Day	Times	Dates	Price
Tue, Thu	10:00am	ongoing	free

Register for fitness classes call: 508-647-6540

DROP - IN

WEEKLY EXERCISE PROGRAMS  
AT THE CSC

**DROP-IN Your choice -- try them all!** Try something new or stick with your favorite exercise, either way you may use a multi-exercise card - no expiration. You may buy a 10 class card for \$30 or a 5 class card for \$15. Cash or checks payable to ‘Town of Natick’ accepted. Call (508) 647-6540 for more information.

**Chair Aerobics**  
Tuesdays & Fridays 11-noon

**Chair Yoga**  
Mondays 10:00-10:45am

**Energy Focus Action**  
Wednesdays 1-2:00pm

**Line Dancing**  
Wednesdays 12-1:00pm

**Muscle Building: Low to Moderate Band Exercises**  
Tuesdays and Thursdays 11:00am

**Muscle Building: Advanced Band Exercises**  
Tuesdays and Thursdays 10-11:00am

**Evening Muscle Building**  
Tuesdays and Thursdays 5:30- 6:30pm

**Strength Training**  
Fridays 10-11:00am

**T'ai Chi**  
Wednesdays 10-11:00am

**Yoga**  
Fridays 1:45-4:00pm

**Zumba**  
Mondays 12:30 -1:30pm

““My grandmother started walking five miles a day when she was sixty. She’s ninety-seven now, and we don’t know where the heck she is.”  
~ Ellen DeGeneres.”

Pre-K

ART • ART FOR LITTLE HANDS (Ages 2.5–5)

**Instructor: Christine Van**  
**Location: Cole Center**  
Children will be doing fun projects that build self-esteem and use his/her creativity. Come have fun with your child! Parent participation is required. (5 wks)

S#	Day	Times	Dates	Price
01	Thu	9:00-9:45am	Apr 30-May 28	\$59
Register online at <a href="http://www.natickma.gov/recreation">www.natickma.gov/recreation</a>				

BRICKS 4 KIDZ: Plastic-Bricks Building Class (Ages 3-5) \*\*NEW\*\*

**Instructor: Bricks 4 Kidz Staff**  
**Location: Cole Center**  
Bricks 4 Kidz will encourage your child to take their fine motor, visual and constructional skills to the next level using the unique model plans and Duplo/LEGO bricks to create a new model each week. A child development specialist runs class. Parents are welcomed to drop off or participate with their child. (6 wks)

S#	Day	Times	Dates	Pric
01	Tue	10:30-11:30am	Apr 7-May 19	\$96
No class Apr 21 Registration online at <a href="http://www.natickma.gov/recreation">www.natickma.gov/recreation</a>				

F.A.S.T • T-BALL (Ages 3–Pre K)

**Instructor: F.A.S.T Athletics Coaching Staff**  
**Location: Cole Center Field/Gym**  
All participants will learn the basic skills of fielding, throwing, hitting and base running. In addition, we will play games such as home run derby, last one standing and running bases. Learning and skill development are the priorities. (5 wks)

S#	Day	Times	Dates	Price
01	Tue	2-3pm	May 5-Jun 2	\$61
02	Tue	3-4pm	May 5-Jun 2	\$61
Register online at <a href="http://www.natickma.gov/recreation">www.natickma.gov/recreation</a>				

FUN WITH MESSY PLAY (Ages 1 & 2)

**Instructor: Muriel Sypek**  
**Location: Cole Center**  
PARENTS! Here is your chance to get messy with your little ones without you dealing with the clean up. Children will enjoy water play, sand play, a different messy craft each week using play-doh®, paint, brushes, rollers, bubbles feathers and more. (8 wks)

S#	Day	Times	Dates	Price
01	Wed	10:45-11:30am	Apr 8-Jun 10	\$124
No class Apr 22, May 27 Register online at <a href="http://www.natickma.gov/recreation">www.natickma.gov/recreation</a>				

RECREATION AND PARKS  
REGISTRATION

Register online at: [www.natickma.gov/recreation](http://www.natickma.gov/recreation)  
beginning Monday March 9, 7pm.



FUN WITH THE BUNNY  
AGES 3 – K

Cole Center • 179 Boden Lane  
Saturday, Apr 4, Starts at 4pm  
\$3/child payable at the door.

Come join in on the fun at the Cole Center where there will be entertainment, along with a special guest.

GYMNASTICS FOR ALL (Ages 3 & 4) \*\*NEW\*\*

**Instructor: East Coast Mobile Gymnastics staff**  
**Location: Cole Center**  
A great program that will enhance coordination through tumbling, uneven bars, balance beam and vault taught on kid-size equipment. (9 wks)

S#	Day	Times	Dates	Price
01	Tue	12:15-1:00pm	Apr 7-Jun 9	\$132
02	Thu	2:30-3:15pm	Apr 9-Jun 11	\$132
No class Apr 21, Apr 23 Register online at <a href="http://www.natickma.gov/recreation">www.natickma.gov/recreation</a>				

INTRO TO DANCE 1 (Ages 3 & 4)

**Instructor: Cindy Wright**  
**Location: Cole Center**  
Cindy is the Owner/Director of Cindy Wright Dance Studios in Wellesley and has taught dance for 30+ years. Students should wear ballet slippers or non-skid socks and any style/color dancewear or comparable attire. (8 wks)

S#	Day	Times	Dates	Price
01	Wed	12:30-1:15pm	Apr 1-May 27	\$78
02	Thu	11:00-11:45am	Apr 2-May 28	\$78
No class on Apr 22, Apr 23 Register online at <a href="http://www.natickma.gov/recreation">www.natickma.gov/recreation</a>				

JUMP, TUMBLE AND SING (Ages 2–4)

**Instructor: Muriel Sypek**  
**Location: Cole Center**  
A fun, active class that includes physical play and movement with slides, balls, tunnels, beanbags and some parachute play! Parent or guardian participation is a requirement, so parents should be dressed to be active. (8 wks)

S#	Day	Times	Dates	Price
01	Wed	9:30-10:15am	Apr 8-Jun 10	\$96
No class Apr 22, May 27 Register online at <a href="http://www.natickma.gov/recreation">www.natickma.gov/recreation</a>				

## Pre-K

### ON MY OWN PLAYGROUP (2-Pre-K)

**Location:** Cole Center

Playgroup provides a comfortable and relaxed environment for your child to develop social skills with children their own age. Activities include: free play, physical play, art, circle time with music, stories and dance. ATTENTION!! Playgroup WILL REGISTER AS A LOTTERY. Registration forms and payment are due on Thursday, March 12 by 5pm. Confirmation calls will be made after March 18.

- Child must be the proper age on the first day of class.
- Morning classes please bring a snack. Afternoon classes bring a lunch. NO PEANUTS OR NUT PRODUCTS.
- For more information on the program, please read our Parents Manual online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

S#	Ages	Day	Time	Dates	Price
M1	2-3	Mon	9-11:00am	Apr 6-Jun 8	\$101
T1	2-3	Tue	9-11:00am	Apr 7-Jun 9	\$113
T2	3-Pre-K	Tue	11:30-2:00pm	Apr 7-Jun 9	\$125
W1	2-3	Wed	9-11:00am	Apr 8-Jun 10	\$113
W2	3-Pre-K	Wed	11:30-2:00pm	Apr 8-Jun 10	\$125
Th1	2-3	Thu	9-11:00am	Apr 9-Jun 11	\$113
Th2	3-Pre-K	Thu	11:30-2:00pm	Apr 9-Jun 11	\$125
F1	2-3	Fri	9-11:00am	Apr 10-Jun 12	\$113

No class Apr 20-24, May 25

Register in person at the Cole Center for lottery by March 12 at 5pm.

### MIGHTY-MITE SPORTS (Ages 4–5)

**Instructor:** Recreation Staff

**Location:** Cole Center

A fun and active program where participants will take part in different sports/physical activities each week. We stress teamwork and sports-manship as kids learn and develop their sports skills. (5 wks)

S#	Day	Times	Dates	Price
01	Fri	3:30-4:00pm	May 1-May 29	\$46
02	Fri	4:15-4:45pm	May 1-May 29	\$46
03	Fri	5:00-5:30pm	May 1-May 29	\$46

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

### MINIKICKERS (Ages 2-4)

**Instructor:** Challenger Sports

**Location:** Cole Center

MiniKickers teaches basic soccer skills while developing strength, balance, coordination and teamwork. Participants receive a ball and a shirt. (5 wks)

S#	Day	Times	Dates	Price
01	Tue	10-11am	May 5-Jun 2	\$76
02	Thu	1-2pm	May 7-Jun 4	\$76

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

### PRE-K DANCE (Ages 4–Pre-K)

**Instructor:** Cindy Wright

**Location:** Cole Center

Children will take their skills and joy to the next level. This class includes creative movement, basic ballet positions and combinations. Students should wear ballet slippers or non-skid socks and any style/color dance-wear or comparable attire. (8 wks)

S#	Day	Times	Dates	Price
01	Wed	1:15-2:00pm	Apr 1-May 27	\$78

No class on Apr 22

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

### SOCCER JUNIORS (Ages 3–6)

**Instructor:** Global Premier Soccer

**Location:** Cole South Field

Natick Recreation has partnered with Global Premier Soccer (GPS) to bring an introductory soccer program to Natick. GPS has been very involved with the Natick Soccer Club over the last few years. The juniors program teaches the fundamentals of soccer using a fun and energetic curriculum that has been tailored to work specifically with 3-6 yr olds. Coach ratio is one coach to 10 players. (6 wks)

S#	Day	Times	Dates	Price
01	Mon	3:30-4:30pm	Apr 27-Jun 8	\$81
02	Mon	4:30-5:30pm	Apr 27-Jun 8	\$81

No class May 25

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

### THUNDERCATS MINI SPORTS JAM (Ages 4–Pre-K)

**Instructor:** Thundercats Coaching Staff

**Location:** Cole Center

A fun program that will have participants playing soccer, basketball, Softee® hockey and other unique games like ‘Sponge Bob’ tag and ‘Finding Nemo’. Emphasis will be on teamwork, hand-eye coordination and fun. (5 wks)

S#	Day	Times	Dates	Price
01	Wed	2:45-3:30pm	May 6-Jun 3	\$65

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)



#### BIRTHDAY PARTIES AT THE COLE CENTER

- Want to host your party with us?
- Up to 2 hours of party time in our game room (Air Hockey, Foos Ball, Ping Pong, TV etc.)
- Up to 1 hour available GYM time (sports, tumbling, bounce house & game equipment included).
- Supervised by 2 recreation staff

**SUNDAYS ONLY** 12:30-2:30pm OR 3:00-5:00pm.

Fee: \$175 for the 2 hours

*You supply your own paper goods, cake and refreshments. Rental is space and equipment only.*

**RESERVE YOUR PARTY ONLINE NOW!**  
[www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## Youth

### ART \* START WITH ART (Grades K-2)

**Instructor:** Christine Van

**Location:** Cole Center

Be inspired by famous artists. We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers and more. Students will explore sculpture, drawing, printmaking and painting. Our class is centered on each child’s creativity and individuality. (5 wks)

S#	Day	Times	Dates	Price
01	Thu	4-5pm	Apr 30-May 28	\$135

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

### APRIL VACATION SOCCER (Ages 6-13)

**Instructor:** Challenger Sports

**Location:** East School Field, 90 Oak Street

This will be an action packed, fun filled week of soccer. Your players will learn all the skills, flicks and tricks of course. And as with any Challenger Sports clinic, the daily world cup tournament.

S#	Day	Times	Dates	Price
01	Tue-Fri	9am-12pm	Apr 21-Apr 24	\$106

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

### ARCHERY (Ages 10-14)

**Instructor:** On the Mark Archery Staff

**Location:** Community Senior Center, 117 East Central Street

Natick Recreation and Parks Department has partnered with “On the Mark Archery” to provide an introduction to archery. Participants will learn the fundamentals of archery; including safety, skill technique, range procedures and scoring. All equipment provided. (4 wks)

S#	Day	Times	Dates	Price
01	Mon	5:30-6:30pm	May 11-Jun 8	\$94
02	Mon	6:30-7:30pm	May 11-Jun 8	\$94

No class May 25

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

### BAA TRACK CLINICS (Grades 4-8)

**Instructor:** Dan Keefe

**Location:** Community Senior Center, 117 East Central Street

The NR & PD with the Boston Athletic Association is co-sponsoring running clinics at the Community Senior Center. We will be going into the Boston Marathon finish line for a relay challenge on Saturday April 18. Please dress for outdoor running if it is not raining or too wet outside. Bring a water bottle. (4 wks)

S#	Day	Times	Dates	Price
01	Mon	4-5pm	Mar 23-Apr 13 & Apr 18 (Sat)	Free

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

#### RECREATION AND PARKS REGISTRATION

Register online at: [www.natickma.gov/recreation](http://www.natickma.gov/recreation)  
beginning Monday March 9, 7pm.

#### “FLASHLIGHT EGG HUNT”

**GRADES 1-4, Saturday, Apr 4**

Last year’s “Hunt” was a blast! Come on down and join the fun. Each child should bring a flashlight. You will be given a number when you pay and then search the field for your numbered eggs. \*Child must be able to do the hunt on his/her own. No adults will be allowed onto the field during the hunt.

**Hunt starts at 7:45pm**

Natick High School Mahan Baseball Field  
\$3/child payable at the gate entrance

### BLAST BABY SITTING (Grades 6-9)

**Babysitter Lessons And Safety Training**

**Instructor:** Juanita Allen, EMT and CPR & First Aid Instructor

**Location:** Community-Senior Center, 117 East Central Street

Potential babysitters will learn how to handle the basics of infant and child-care. Topics you’ll cover range from how to react responsibly to medical emergencies, how to perform first aid for common childhood injuries and illnesses, how to set-up and run your own babysitting business and how to entertain with games and songs. Participants will receive a certificate of completion, easy-to-follow first aid instructions, and a sitter checklist to copy for each job. Participants should bring a light snack and drink.

S#	Day	Times	Dates	Price
1	Wed	3–6pm	Apr 15	\$43

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

### BRICKS 4 KIDZ: Planes, Boats and Automobiles (Ages 6-10)

**Instructor:** Bricks 4 Kidz Staff

**Location:** Cole Center

Bricks 4 Kidz vehicle-themed S.T.E.M. sessions offer a hands-on experience where students will build planes, boats and automobiles using LEGO components. As always, new models are offered each week and each session. Participants will explore the principles of engineering, architecture, physics and more first hand. (6 wks)

S#	Day	Times	Dates	Price
01	Tue	4:45-5:45pm	Apr 7-May 19	\$96

No class Apr 21

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

### DO YOU BELIEVE IN MAGIC (Ages 8-12)

**Instructor:** Joe Carota

**Location:** Cole Center

Learn the “art” of magic from a professional magician! Get hands-on assistance as you learn the secrets behind each trick. Participants will keep a kit with props and booklet explaining each trick. Joe will have new tricks to learn this time around to expand your knowledge. (5 wks)

S#	Day	Times	Dates	Price
1	Fri	3:45–5:00pm	Mar 20-May 1	\$106

No class Apr 3, Apr 24.

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)



Youth

FANTASTIC FRIDAYS ( Grade 5 & 6)

Instructor: Recreation Staff

Location: Cole Center

Fantastic Fridays includes a DJ, game tables, freeze dance and other games. Concessions are for sale as a fundraiser for future activities. Updates and dates are on the electronic scrolling boards at each Middle School.

S#	Day	Times	Dates	Grade
1	Fri	7–9pm	Apr 10	5&6 Combined
3	Fri	7–9pm	Apr 17	5&6 Combined
4	Fri	7–9pm	May 8	5&6 Combined
5	Fri	7:00-8:30pm	May 29	4th Grade*
6	Fri	7-9pm	Jun 5	5&6 Combined

No pre-registration necessary. Please pay \$5 at the door.

F.A.S.T FLAG FOOTBALL (Grades 2-4)

Instructor: F.A.S.T Athletics Staff

Location: Cole Center Field

F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly, how to work together as a team. The players will be able to participate in different situational games; Red Zone Defense, fourth and inches and the QB Challenge. The F.A.S.T. Coaches will have tons of plays ready to go for their teams! (5 wks)

S#	Day	Times	Dates	Price
01	Tue	4-5pm	May 5-Jun 2	\$71

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

FAST MATH (Grades 5-8)

Instructor: Swati Dave

Location: Community Senior Center, 117 East Central Street

Learn new math tricks using Vedic Math to help solve math problems quickly & easily. You will learn innovative short cut methods to add, subtract, multiply, divide and find square & cube roots in under a minute. This class is for all who love math, and for those who don't like math, you soon will! (10 wks)

S#	Day	Times	Dates	Price
1	Thu	3:30-4:30pm	Mar 19–Jun 4	\$111

No Class Apr 16, Apr 23

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

GYMNASTICS FOR ALL (Ages 5-7) \*\*NEW\*\*

Instructor: East Coast Mobile Gymnastics Staff

Location: Cole Center

A great program that will enhance coordination through tumbling, uneven bars, balance beam and vault taught on kid-size equipment. (9 wks)

S#	Day	Times	Dates	Price
01	Thu	3:20-4:05pm	Apr 9-Jun 11	\$132

No class Apr 23

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)



HOME ALONE SAFETY (Grades 3-4)

Instructor: Juanita Allen, EMT and CPR & First Aid Instructor

Location: Community-Senior Center, 117 East Central Street

Girls and boys learn telephone and door answering techniques, internet safety and accident and fire protection. They'll also learn some basic first aid and time management tips for when they are alone for short periods of time.

S#	Day	Times	Dates	Price
1	Wed	1-3pm	Apr 15	\$38

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

INTRO TO MUSICAL THEATER (Grades 2-4)

Instructor: Cindy Wright

Location: Cole Center

Children will develop acting, musical and dance skills as they prepare for a short musical theatre performance (to be held at the last class.) (8 wks)

S#	Day	Times	Dates	Price
01	Fri	4:30-6:00pm	Apr 10-Jun 5	\$98

No class Apr 24

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

MOTHER SON CHALLENGE (Grades 2-4)

Instructor: Natick Recreation Staff

Location: Kennedy Middle School, 1 Philip Lucier Drive

A little bit Survivor, two-parts Amazing Race, and a couple of hours of fun is what's in store for the Mother & Son Challenge. Each team will follow clues and complete challenges as they navigate their way through Kennedy Middle School and Brown School field's, paths, and playgrounds. Prize for best team outfit – be creative. Teams may consist of son; and mother, grandmother, aunt or female guardian.

S#	Day	Times	Dates	Price
1	Sat	4pm sharp	May 30	\$30/team

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

RECREATION AND PARKS  
REGISTRATION

Register online at: [www.natickma.gov/recreation](http://www.natickma.gov/recreation)  
beginning Monday March 9, 7pm.

Youth

PARENTS NIGHT OUT (Grades K-4)

Instructor: Recreation Staff

Location: Cole Center

Drop the kids off for a night of games, crafts and movies while you have your own night of fun. Supervised by CPR & FA certified staff. Cheese pizza, a small snack and juice provided. Concessions are available for additional purchase. Please note, for a FULL refund, cancelations of reservations must be received at the Recreation Department office by noon the Friday before the event. Multi-child discount: \$6 off for 2nd child, \$12 off for 3rd + child(ren) PER INDIVIDUAL NIGHT REGISTRATION.

S#	Day	Times	Dates	Price
1	Sat	5–9pm	Apr 4	\$18
2	Sat	5–9pm	Apr 18	\$18
3	Sat	5–9pm	May 2	\$18
4	Sat	5–9pm	May 9	\$18
5	Sat	5–9pm	May 30	\$18
6	Sat	5–9pm	Jun 13	\$18

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

Walk-in registration night of event available only if space is available.

PLAY TENNIS AMERICA (Grades 3-7)

Instructor: Natick Racquet Club Staff

Location: Natick Racquet Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players. (\$96, 6 wks)

S#	Day	Times	Dates	Grades
01	Sun	5-6pm	May 3-Jun 14	3 & 4
02	Sun	6-7pm	May 3-Jun 14	5-7

No class May 24

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

ROBOTICS • “BINARY PLAYER” (Ages 9 & Up)

Instructor: Ed Harrow

Location: Cole Center

Participants will build a robot that will execute maneuvers based on a memory disc, read by an optical scanner, that the operator creates. You will learn about geared mechanisms and the basics of circuits and electronic components. No prior knowledge is needed. (5 wks)

S#	Day	Times	Dates	Price
01	Mon	3:30-5:00pm	Apr 6-May 11	\$150

No class Apr 20

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

SPEED AND ENDURANCE (Ages 7-12)

Instructor: Kathy Fleming

Location: Community Senior Center, 117 E. Central Street

Speed and endurance are two essential qualities that kids need to be able to compete to the best of their ability. Kathy Fleming a 1996 Olympic Trials Finalist and former Cross Country and Track Coach at Boston College can help you become a better all-around athlete. Through drills, hill running and working on running form and strength, your athlete will reach to new levels. Bring your running shoes and a water bottle. (\$62, 5 wks)

S#	Day	Times	Dates	Ages
01	Thu	4:00-4:45pm	Apr 30-May 28	7-9
02	Thu	4:45-5:30pm	Apr 30-May 28	9-12

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

STREET HOCKEY TOURNAMENT (Grades 3-6)

Instructor: Natick Recreation Staff

Location: Johnson Elementary Outdoor Hockey Rink

Our annual street hockey tournament will be held during April vacation (Apr 21-24) at the Johnson Elementary outdoor rink. Start getting your team together.

Grades 3 & 4

S#	Day	Times	Dates	Price
01	Tue	9 am start	Apr 21	\$50/team

Rain date Wed, Apr 22

Grades 5 & 6

S#	Day	Times	Dates	Price
01	Thu	9am start	Apr 23	\$50/team

Rain date: Fri Apr 24

Registration forms for the tournament will be available in our office beginning Monday March 23.

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)



“TWINDERELLA”

Presented by Natick Drama Workshop  
Wilson Middle School, 24 Rutledge Road, Natick

Friday March 20, 7:00pm  
Saturday March 21, 2:00 and 6:30pm  
Sunday March 22, 2:00pm

Tickets will be available prior to the show dates  
at the Cole Center, the libraries,  
and at the door a half hour before show time.

Youth



**STORYBOOK THEATER (Grades K-1)**  
**Instructor: Cindy Wright**  
**Location: Cole Center**  
An introduction to theater: By bringing a familiar story to life, children will develop acting skills, build self-confidence and learn to work as a team. An informal performance will be held at last class. (6 wks)  

S#	Day	Times	Dates	Price
01	Fri	3:30-4:30pm	Apr 10-May 22	\$76

No class Apr 24  
Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**SUPERHERO SCIENCE (Grades 1-3) \*\*NEW\*\***  
**Instructor: Wicked Cool For Kids**  
**Location: Cole Center**  
What makes a superhero super? Physics! Conduct experiments and investigate how our favorite superheroes get their powers and see how real world science could make superheroes a reality. (6 wks)  

S#	Day	Times	Dates	Price
1	Wed	3:30-4:30pm	Mar 25-May 6	\$85

No class Apr 22  
Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**TERRIERS DODGEBALL (Grades 2-4)**  
**Instructor: Terriers Dodgeball Staff**  
**Location: Cole Center**  
Kids love the fast paced action, throwing, catching and of course dodg- ing balls in this great game. This program will be directed by Terriers Sports, who have run popular youth sports programs for twenty years. Participants will be placed on teams and provided with cool Dodgeball team shirts. Terriers also mix high-energy “arena” music into their ses- sions, creating an environment that kids love! Cushioned foam balls are used for safety. (5 wks)  

S#	Day	Times	Dates	Price
1	Thu	4:30-5:30pm	Mar 12-Apr 9	\$110

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**THUNDERCATS SPORTS COMBO (Grades 2 & 3)**  
**LACROSSE, DODGEBALL AND BUBBLEBALL**  
**Instructor: Thundercats Coaching Staff**  
**Location: Cole Center**  
Co-ed program consisting of basic lacrosse skills and a variety of dif- ferent dodge ball related games; Doctor, bombardment, jailbreak and more. Gator Skin® safety balls will be used. Final day will culminate with an awesome Bubbleball soccer game. Curious? Go google Bubbleball!! (5 wks)  

S#	Day	Times	Dates	Price
01	Wed	4:30-5:30pm	May 6-Jun 3	\$75

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**THUNDERCATS SPORTS JAM (Grades K-1)**  
**Instructor: Thundercats Coaching Staff**  
**Location: Cole Center**  
Baseball, basketball and soccer will be the core sports in which some skills will be emphasized. Program is co-ed and everyone should wear comfortable clothes, sneakers and bring a water bottle. (5 wks)  

S#	Day	Times	Dates	Price
01	Wed	3:30-4:30pm	May 6-Jun 3	\$75

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)



Adults

**ARCHERY (Ages 15 and up)**  
**Instructor: On the Mark Archery Staff**  
**Location: Community Senior Center, 117 East Central Street**  
Natick Recreation and Parks Department has partnered with “On the Mark Archery” to provide a wonderful introduction to archery. Par- ticipants will learn the fundamentals of archery; including safety, skill technique, range procedures and scoring. “On the Mark Archery” will provide all equipment. (4 wks)  

S#	Day	Times	Dates	Price
01	Mon	7:30-8:30pm	May 11-Jun 8	\$94

No class May 25  
Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**BEYOND FITNESS (18+)**  
**Instructor: Joanne Schmalenberger**  
**Location: East School, 90 Oak Street**  
**Beyond Cardio Muscle Flexibility**  
Today people want healthy bodies. Health starts from within you on a cellular level. Come experience THE ONLY exercise to work every cell of your body. Rebounding. Joanne is a master trainer and educator; she adds creative props, bands, balls, weights and more to give you many ways to get strong and flexible. No class is the same. (11 wks)  

S#	Day	Times	Dates	Price
T1	Tue	5:30-6:30pm	Mar 24-Jun 9	\$116
Th1	Thu	5:30-6:30pm	Mar 26-Jun 11	\$116
S1	Sat	8:30–9:30am	Mar 21–Jun 6	\$116

No class Apr 21-25  
Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

Adults

**CO-ED ULTIMATE FRISBEE**  
**(Adults-High School Graduate or older)**  
**Location: Kennedy Middle School Field**  
We play pick-up style games on Saturday afternoons. It is all about the fun and the exercise. (7 wks)  

S#	Day	Times	Dates	Price
01	Sat	4-6pm	May 2-Jun 20	\$15, Res. \$35, NonR-

No class May 30  
Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**FIRST AID AND CPR CERTIFICATION (18+ Years old)**  
**Instructor: Juanita Allen, EMT and CPR & First Aid Instructor**  
**Location: Community-Senior Center, 117 East Central Street**  
This American Heart Association course is designed for individuals who may need to respond to a First-Aid emergency. Participants will learn how to handle injuries and manage illness in the first few minutes until professional help arrives. Six modules are covered; First-Aid Basics, Medical Emergencies, Injury Emergencies, Environmental Emergen- cies, Adult CPR/AED, Pediatric CPR. Course meets the requirements of child-care providers, teachers, foster care workers, camp counselors, scout leaders, coaches, etc. Certification is good for 2 years.  

S#	Day	Times	Dates	Price
1	Wed	6:30-9:00pm	Apr 15	\$68

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**PLAY TENNIS AMERICA (Adults)**  
**Instructor: Natick Racquet Club Staff**  
**Location: Natick Racquet Club, 16 Michigan Drive, Natick**  
Basic fundamentals taught for beginners and advance beginners only, no advanced players. (6 wks)  

S#	Day	Times	Dates	Price
01	Sun	7-8pm	May 3-Jun 14	\$96

No class May 24  
Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**READY, SET DANCE (Adults)**  
**Instructors: Judy Forman and Helen Thomas**  
**Location: Cole Center Gym**  
Get in shape. Creative low and hi impact moves and great music. High energy workout! Come join the fun! (11 wks)  

S#	Day	Times	Dates	Price
01	Tue &Thu	6:15-7:15pm	Apr 7-Jun 18	\$135/2nights \$95/1 night

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**SLOW PITCH SOFTBALL (WOMEN)**  
**(Adult Women-High School Graduate or older)**  
**Location: Coolidge Field**  
When signing up, please put down the team you would like to play for, if known. Teams from previous year will have first opportunity. Any new players, who have any questions, please call the NR&PD at (508) 647-6530. We will try to accommodate all who register but there are no guarantees.  

S#	Day	Game Times	Dates	Price
01	Tue or Thu	6:15pm sharp	May 12 -Aug 6	\$50 Res. \$70 NonRes

Season starts Tues May 12.  
Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**TAI CHI • BEGINNING & ADVANCED (Adults)**  
**Instructor: Jon Woodward, Certified Tai Chi Instructor**  
**Location: Cole Center Gym**  
Tai Chi is an ancient form of Chinese exercise consisting of slow, beau- tiful, relaxed meditative movements. Tai Chi is sometimes described as “meditation in motion” because it promotes serenity through gentle movements-connecting the mind and body! (10 wks)  

S#	Day	Game Times	Dates	Price
Beg	Mon	6:30-7:30pm	Apr 13-Jun 22	\$81
Adv	Mon	7:45-8:45pm	Apr 13-Jun 22	\$81

No class May 25  
Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)



**RECREATION AND PARKS  
REGISTRATION**  
Register online at: [www.natickma.gov/recreation](http://www.natickma.gov/recreation)  
beginning Monday March 9, 7pm.



# Skyline

These programs are for the special needs population with some inclusive programs listed as well

## DINNER, MOVIE AND GAMES (Teens and Adults)

Location: Cole Center

Join Marylou and Chris for dinner and dessert while playing games and watching movies on the big TV.

S#	Day	Times	Dates	Price
1	Fri	5:30-9:00pm	Apr 3	\$20
2	Fri	5:30-9:00pm	May 1	\$20

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## COFFEE HOUSE (All Ages)

Location: Cole Center

Belt out your favorite song with karaoke man Dennis Porter and friends. Pizza, drinks, and dessert/fruit will be available throughout the night.

S#	Day	Times	Dates	Price
1	Fri	6:30-9:30pm	Apr 24	\$18
2	Fri	6:30-9:30pm	May 15	\$18

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## TICKET TO ADVENTURE (Teens and Adults)

Location: Meet at the Cole Center

Enjoy six Saturday nights out with an event and dinner every time! Embark on new adventures with your favorite friends.

S#	Day	Times	Dates	Price
1	Sat	5:30-10:30pm	4/11, 4/25, 5/9, 5/23, 6/6, 6/20	\$260

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## FRIDAY NIGHT LIVE (Teens and Adults)

Location: Cole Center

It's easy to get off the couch on Friday nights with this program. Enjoy four Friday nights out with different events in the surrounding towns. Time is subject to change. You will be notified prior to the date with any changes.

S#	Day	Times	Dates	Price
1	Fri	6:30-9:30pm	4/10, 5/8, 5/22, 6/5	\$96

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## STRETCH WHAT MATTERS YOGA (13 and up)

Instructor: Stretch What Matters Instructor

Location: Roots & Wings, 317 North Main Street, Natick

This class is for all abilities. Yoga is the perfect way to end a Tuesday night. Students who benefit from additional support are welcomed to participate with no extra cost. (5 wks per session)

S#	Day	Time	Date	Price
1	Tue	4:45-5:45pm	Apr 7-May 12	\$81
2	Tue	4:45-5:45pm	May 19-Jun 16	\$81

No class April 21

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## HARLEM GLOBE TROTTERS (Teens and Adults)

Location: Cole Center

Join us at the tour of the Harlem Globe Trotters. The world famous Harlem Globe trotters have been thrilling families and millions of fans for 89 years, all while innovating the game in exciting new ways. Premium seats reserved. Bring money for food.

S#	Day	Times	Dates	Price
01	Sun	11:30am-4:30pm	Mar 29	\$81

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## DAVE AND BUSTERS (Teens and Adults)

Location: Meet at the Cole Center

Come hang out with the special events gang at Dave and Busters! You will eat lunch and be provided with a \$20 game card to play games at the venue. You can also win tickets for prizes with most of the games you play!

S#	Day	Times	Dates	Price
01	Sun	11:30am-4:30pm	Apr 19	\$68

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## ST. PATRICK’S DAY DANCE (Teens and Adults)

Location: Cole Center

This is a reminder from the winter guide to come eat, dance, and hang out for this St. Patrick’s Day celebration. Don’t forget to wear green!

S#	Day	Times	Dates	Price
1	Fri	6-9pm	Mar 13	Free

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## VACATIONERS (INCLUSION)

Location: Cole Center

It is hard to go a whole week without school and programs! Join us as we go on different adventures or host several events at the Cole Center during the school vacation. This program is meant for inclusion. Pick one or pick all, the choice is yours.

## VACATIONERS: BOWLING AND LUNCH

Location: Meet at the Cole Center

A classic Vacationers favorite is going to Ryan’s Family Amusement for some bowling and then heading out to lunch.

S#	Day	Times	Dates	Price
1	Tue	9:00am-1:30pm	Apr 21	\$25

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## VACATIONERS: SPRING SPIRIT DAY

Location: Cole Center

Get in the spring spirit with us as we do crafts and play games related to spring time. If it is nice outside we may even play outside. Pizza will be provided for lunch, please bring snacks for munching throughout the day.

S#	Day	Times	Dates	Price
2	Thu	9-3pm	Apr 23	\$55

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## SENSORY DAY (INCLUSION)

Location: Cole Center

Take a couple hours to learn and explore different sensory input activities-great for all children. This is open to any child as long as he/she is with an adult who can support them. This is not a drop-off event.

S#	Day	Times	Dates	Price
1	Sun	2-6pm	May 31	\$5 per child

Register in person at the door

## SPECTACULAR SATURDAYS

These Saturday programs are from April 11 to June 6 (Teens and Adults)

This 8-week program is an all day event that Skyline has been hosting for many years. You can pick one program or more programs to fill your entire day. You may only choose one program from each time slot. Programs chosen are for all 8 wks.

## COSMIC BOWLING (Teens and Adults)

Location: Ryan’s Family Amusements 1170 Main Street, Millis

Start your day off right by striking down the pins in Millis with the whole gang.

S#	Day	Times	Dates	Price
1	Sat	9:15-10:45am	Apr 11-Jun 6	\$79

No class May 23

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## ZUMBA WITH JAYNE (Teens and Adults)

Instructor: Jayne Carney

Location: Cole Center

Learn the Latin inspired dance/fitness program that blends music with fun dance steps to form a “fitness party.”

S#	Day	Times	Dates	Price
2A	Sat	11:15am-12:30pm	Apr 11-Jun 6	\$78

No class May 23

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## FUN WITH ART (Teens and Adults)

Instructor: Kim Condon

Location: Cole Center

Use your imagination and explore many ways to have fun with art.

S#	Day	Times	Dates	Price
2B	Sat	11:15am-12:30pm	Apr 11-Jun 6	\$78
4A	Sat	2:00-3:15pm	Apr 11-Jun 6	\$78

No class May 23

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person



## DANCE (Teens and Adults)

Instructor: Nancy Kelley

Location: Nancy Kelley Dance Studio, 7 Pond St, Natick

Come join in on the fun and learn popular dance moves to catchy songs. Transportation to the Cole Center after class.

S#	Day	Times	Dates	Price
4B	Sat	2:15-3:00pm	Apr 11- Jun 6	\$79

No class May 23

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## SATURDAY’S LUNCH BUNCH (Teens and Adults)

Location: Various locations

Join us for lunch as we visit local lunch spots to fuel up before our afternoon programs.

S#	Day	Times	Dates	Price
3	Sat	12:30-1:45pm	Apr 11-Jun 6	At least \$10/wk

No class May 23

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## SPECTACULAR SATURDAY’S TRANSPORTATION (Teens and Adults)

Location: Various locations

Transportation is provided for all Spectacular Saturday activities. Starting from the Cole Center at 8:45am to bowling, then to Zumba or art, continuing to lunch, and either art or dance. The bus will return to the Cole Center after dance.

S#	Day	Times	Dates	Price
5	Sat	varied	Apr 11-Jun 6	\$32

No class May 23

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

### REGISTER ONLINE AT:

[www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person  
beginning Monday March 9, 7pm.

# Preschool at the Farm



**BABY STARS AT THE FARM (AGES 3-5)**

**Location: Natick Community Organic Farm**

Get to know bunnies, kids, lambs, chicks and piglets through watching, touching and story telling. Each week will feature one animal. We will meet the animals, and read a story.

S#	Day	Times	Dates	Price/ M
01	Mon	10:30-11:30am	Mar 30 -Apr 27	\$68/\$56
02	Mon	10:30-11:30am	Mar 30 -Apr 27	\$68/\$56

(No Class Apr 20); M Price = NCOF member price

**CHORE TIME (AGES 3-5)**

**Location: Natick Community Organic Farm**

Come down to the Farm and wake the animals up. Help the Farm feed and water the animals and gather the eggs.

S#	Day	Times	Dates	Price/ M
01	Mon	9-10am	Mar 30-Apr 27	\$68/\$56
02	Tue	9-10am	Mar31-Apr 28	\$68/\$56
03	Thu	9-10am	Apr 2-Apr 30	\$68/\$56
04	Mon	9-10am	May 11-Jun 8	\$68/\$56
05	Tue	9-10am	May 12-Jun 2	\$68/\$56
06	Thu	9-10am	May 14-Jun 4	\$68/\$56

No Class Apr 20, 21, 23, May 25); M Price=NCOF member price

**ECO CRAFTS (Ages 3-5)**

**Location: Natick Community Organic Farm**

Let’s explore the forest in beautiful spring and create crafts from natural and recycled materials – from creating egg carton green houses, to designing leaf creatures, to doing plant treasure hunts. Let your imagination run wild as we learn about the importance of the natural world.

S#	Day	Times	Dates	Price/ M
01	Tues	10:30-11:30am	May 19-Jun 9	\$68/\$56

M Price = NCOF Member Price

Register Online at [www.natickfarm.org](http://www.natickfarm.org)

**FARM ACTIVITIES AND CRAFTS (Ages 3-5)**

**Location: Natick Community Organic Farm**

Let’s discover the farm in beautiful spring and do farm projects and activities around the season, from sowing seeds, to creating a farm project, and gathering flowers.

S#	Day	Times	Dates	Price/ M
01	Thu	10:30-11:30am	Apr 2-Apr 30	\$68/\$56
02	Thu	1:30-2:30pm	Apr 2-Apr 30	\$68/\$56

(No class Apr 23); M Price=NCOF member price

**GOT MILK (Ages 3-5)**

**Location: Natick Community Organic Farm**

Have you ever milked a goat? Spend some time with our milking friends! Does chocolate milk really come from brown cows? Come see and taste what we can make with milk!

S#	Day	Times	Dates	Price/ M
01	Wed	10:15-11:15am	May 13	\$17/\$14
02	Wed	10:15-11:15am	May 27	\$17/\$14

M Price=NCOF member price

**HOP WITH THE BUNNIES (Ages 3-5)**

**Location: Natick Community Organic Farm**

Spend some time learning about these warm, fuzzy little creatures. How they live in the wild and how we care for them at home.

S#	Day	Times	Dates	Price/ M
01	Thu	10:15-11:15am	May 14	\$17/\$14
02	Thu	10:15 -11:15am	May 28	\$17/\$14

M Price=NCOF member price

**LITTLE HANDS IN THE SOIL**

**(Ages 3-5)**

**Location: Natick Community Organic Farm**

We are looking for little hands to help us take care of our “Toddler’s Garden”. We will plant and mulch, rake and water, cultivate and decorate – just like big gardeners.

S#	Day	Times	Dates	Price/ M
01	Thu	10:30-11:30am	May 14-Jun 4	\$68/\$56
02	Thu	1:30-2:30pm	May 14-Jun 4	\$68/\$56

M Price=NCOF member price

**OUTDOOR EXPLORE AND PLAY GROUP**

**(Ages 1.5 - 3.5 with a caregiver)**

**Location: Natick Community Organic Farm**

Join our dynamic play group which focuses on outdoor free-play and exploration, community building and connection to the natural world. When registering, please indicate the age of your child and who will accompany the child in the ‘note’ section.

S#	Day	Times	Dates	Price/ M
01	Mon	9:30-11:00am	Apr 6-May 4	\$102/\$84
02	Mon	9:30-11:00am	May 11-Jun 8	\$102/\$84
03	Mon	9:30-11:00am	Apr 6-Jun 8	\$204/\$168

(No class Apr 20, May 25); M Price=NCOF member price

# School Age at the Farm

**AFTERSCHOOL FARMERS (Grades K+1)**

**Location: Natick community organic farm**

This program will involve students in our everyday farm operations, from animal chores to harvesting to putting our gardens to bed. Memorial students will be walked over from Memorial by farm staff. Please indicate in the “Notes” section of the on-line registration. No program on Natick Early Release Days.

S#	Day	Times	Dates	Price/ M
03	Mon	3:15-4:45pm	Feb 23-Apr 13	\$204/\$168
04	Mon	3:15-4:45pm	Apr 27-Jun 8	\$153/\$126

\$153/\$126

(No class on Apr 20, May 25); M Price=NCOF member price

**AFTERSCHOOL FARMERS (Grades K - 4)**

**Location: Natick community organic farm**

This program will involve students in our everyday Farm operations, from animal chores to harvesting to putting our gardens to bed. Memorial students will be walked over from Memorial by Farm staff. Please indicate in the “Notes” section of the on-line registration. No program on Natick Early Release Days.

S#	Day	Times	Dates	Price/ M
01	Tue	3:15-4:45 pm	Apr 14-Jun 9	\$204/\$168

(No class on Apr 7, Apr 20); M Price=NCOF member price

**AFTERSCHOOL FARMERS (Grades 2-4)**

**Location: Natick community organic farm**

This program will involve students in our everyday Farm operations, from animal chores to harvesting to putting our gardens to bed. Memorial students will be walked over from Memorial by Farm staff. Please indicate in the “Notes” section of the on-line registration. No program on Natick Early Release Days.

S#	Day	Times	Dates	Price/ M
03	Thu	3:15-4:45pm	Apr 9-Jun 4	\$204/\$168

(No class on Apr 24); M Price=NCOF member price

**AFTERSCHOOL IN THE WOODS (Grades K-4)**

**Location: Natick community organic farm**

Let’s reclaim our woods for afternoon play and exploration. There will be time for hikes, wood working and building shelters. Memorial students will be walked over from Memorial by Farm staff.

S#	Day	Times	Dates	Price/ M
04	Wed	3:15-4:45pm	Mar 11-May 13	\$204/\$168

(No class on Apr 15, Apr 22); M Price=NCOF member price

**FARM CRAFTS (Grades 5 – 8)**

**Location: Natick community organic farm**

Discover farm in the budding spring and create take home crafts around the season. From making wool animals, to creating dried flower pendants, to candle making, you are sure to have a great time learning how to use materials from the farm.

S#	Day	Times	Dates	Price/ M
01	Wed	3:15-4:30pm	May 6-Jun 10	\$128/\$105

M Price = NCOF member price

**HOMESCHOOLING AND FARMING AT NCOF (Ages 5-10)**

**Location: Natick community organic farm**

Please join us for a year round, hands-on program that involves children in our everyday Farming operations – from maple sugaring to working in the solar greenhouses, from starting seeds in the greenhouses to transplanting seedlings into the vegetable gardens. Every week we start the morning with animal chores. Over the course of the year children will get a deep insight into the varied aspects of work on a farm and to where our food comes from. This is a drop-off program.

S#	Day	Times	Dates	Price/ M
3	Tues	9:00-12 noon	Mar 31-May 26	\$680/ \$560

M Price = NCOF Member Price

**HOMESCHOOLING & FARMING AT NCOF (Ages 11-14)**

**Location: Natick community organic farm**

This opportunity for middle school aged youth is all about working together to solve problems creatively and contribute meaningfully to the Farm’s mission. These intrepid students participate in every aspect of the farming season, from harvesting in the fall to sugaring in the winter, to planting in the spring. Join us in growing people while growing food.

S#	Day	Times	Dates	Price/ M
3	Mon	8:30-2:30pm	Mar30 -Jun 1	\$1,360/\$1120

(No class Apr 21); M Price = NCOF Member Price

**ONLY BUNNIES (Ages 5-10)**

**Location: Natick community organic farm**

Thinking about a rabbit for a pet? Here’s your chance to hold, care for and get all your questions about these furry critters answered.

S#	Day	Times	Dates	Price/ M
01	Wed	3:30-4:30pm	Apr 29	\$17/\$14

M Price=NCOF member price

**PURELY PIGLETS (Ages 5-10)**

**Location: Natick community organic farm**

Get to know the smartest animal on the Farm. A chance to learn about our piglets, feed them kitchen scraps, and watch them play in the mud.

S#	Day	Times	Dates	Price/ M
01	Wed	3:30-4:30pm	Apr 1	\$17/\$14

M Price=NCOF member price



# School Age at the Farm

Continued



## SASSY GOATS (Ages 5-10)

**Location:** Natick Community Organic Farm

Visit our bouncy arrivals, the new kids on the farm. Let's build them something to climb on and visit their moms for some milking.

S#	Day	Times	Dates	Price/ M
01	Wed	3:30-4:30pm	Apr 15	\$17/\$14

M Price=NCOF member price

## SHEEP AND LAMBS (Ages 5-10)

**Location:** Natick Community Organic Farm

Springtime sees our lambs running out on fresh grass in the meadow. Visit these gentle little creatures and learn about their needs and the great products they give us.

S#	Day	Times	Dates	Price/ M
01	Wed	3:30-4:30pm	May 13	\$17/\$14

M Price=NCOF member price

## YOUTH WORK EXPERIENCE (Grades 5-8)

**Location:** Natick Community Organic Farm

We are inviting middle school students to join Farm staff after school to take care of the animals and help with maintenance. During the months of April, May and June, students will be involved in starting our vegetable seedlings, transplanting and preparing our gardens.

S#	Day	Times	Dates	Price/ M
01	Tue	3:00-5:00pm	Mar 24-Jun 2	\$340/\$280
02	Wed	3:00-5:00pm	Mar 25-Jun 3	\$340/\$280
03	Thu	3:00-5:00pm	Mar 26-Jun 4	\$340/\$280

(No class Apr 21, 22, 23); M Price=NCOF member price

# Family Programs

## A FARMER'S MORNING (all ages)

**Location:** Natick Community Organic Farm

Let's do it the farmer's way! First we will take care of the animals, feed and water them. We'll collect fresh eggs for breakfast and then head inside for a hearty warm breakfast.

S#	Day	Times	Dates	Price/ M
01	Sun	9:00-10:30am	Apr 12	\$20 (age 10+)/pp
02	Sun	9:00-10:30am	Apr 26	\$20 (age 10+)/pp
03	Sun	9:00-10:30am	May 3	\$20 (age 10+)/pp

## APRIL VACATION SPRING FARMERS (Grades K-4)

**Location:** Natick Community Organic Farm

Get to know our new arrivals – kids and lambs, bunnies and piglets. The week will be filled with caring for the animals, starting seedlings and preparing the garden, nature crafts and the exploration of the water world on the farm. So put on your boots, there is so much to do!

S#	Day	Times	Dates	Price/ M
01	Tue-Fri	9:00 - noon	Apr 21-24	\$204/\$168
02	Tue-Fri	9:00 - noon	Apr 21-24	\$204/\$168

M Price=NCOF member price

## APRIL VACATION WORK EXPERIENCE (Grades 5-8)

**Location:** Natick Community Organic Farm

We are inviting middle school students to join the Farm staff during April vacation to prepare the gardens, transplant seedlings in the greenhouses, take care of the animals and help with maintenance. At this time of the year students have the opportunity to learn about growing plants from seeds, tending to them and preparing the gardens so they can produce healthy plants and a bountiful harvest.

S#	Day	Times	Dates	Price/M
01	Tue-Fri	8:30-noon	Apr 21-24	\$238/\$196
02	Tue-Fri	8:30-noon	Apr 21-24	\$238/\$196

M Price=NCOF member price



# Natick Community Organic Farm

## MAPLE MAGIC DAY SATURDAY MARCH 7

**Maple Magic Pancake Breakfast**

**8:00am - 11:00am**

Memorial School (next door to the Farm)

Enjoy live music, agricultural demonstrations and enter our Farm raffle!  
Wheat & gluten-free pancakes!

Members	\$8
Members, ages 3-8	\$4
Non-Members	\$10
Non-members, ages 3-6	\$5
<i>Free for children under 3</i>	

## MAPLE MAGIC PAST AND PRESENT

Come to the Farm for Maple Sugaring Tours and learn about Native American and Colonial Sugaring Techniques while experiencing how the Farm sugars today.

**Saturday, March 7, 2015**

**9:00am-3:00pm**

Sugaring tours are \$7 per person  
\$6 if you attend the breakfast first

## MAPLE SUGARING TOURS

**For Families, Individuals, Scouts and Schools**  
**Natick Community Organic Farm**

Learn how sap is turned into maple syrup, watch sap drip into the buckets, and enjoy the sweet smells of this New England Tradition. School tours run 75 minutes; public tour run 45-minutes.

All tours include stops at tapped trees, our sugar shack, and our maple sugaring display.

**Advance registration is required.**

Monday-Friday mornings and afternoons  
Saturday and Sunday mornings  
\$7/person

Please see our website for more details



## SPRING SPECTACULAR

**Sunday, May 17, 10am- 2pm at NCOF**

Seedling sale \* petting pasture \* hay ride\* live music \*  
outdoor games, crafts & activities \* food \* old-fashioned outdoor fun  
for the entire family.

Members: Adults ~ \$6, Kids over 3 ~ \$5, Free for kids under 3  
Non-Members: Adults ~ \$10, Kids over 3 ~ \$5, Kids under 3 ~ \$3  
Game and craft tickets \$2 each or 6/\$10  
Save \$1 off admission by walking, biking,  
or taking public transportation to this event!

## SUMMER IS COMING!

From June 15 to August 21, NCOF's Summer Programs are the place to have fun, get your hands dirty, and learn about food and where it comes from. Kids ages 4 to 14 are welcome to join in getting to know the goats, tending the gardens, and experiencing life on the Farm.

- Priority registration for current NCOF Members is now open  
Public registration opens March 15. Join today to take advantage of early registration; programs for younger children fill quickly.
- NEW THIS YEAR: discounted programming for 8-and 9 year-old farmers; please see our website for details
- NCOF's Youth-run farm stand on Route 16 will be open July through August

## NCOF COMMUNITY SUPPORTED AGRICULTURE SHARE PROGRAM

Eat well, buy local, and support your local farm  
20-week season, June 10-Oct 21  
Pick ups on Mondays & Wednesdays after 3 PM at the Farm

Full Vegetable Share: \$550  
½ Vegetable Share: \$360 (Mondays only)  
Vegetable & Flowers: \$850  
Flowers: \$300

Current NCOF membership required to enroll.

More details & enrollment form at [www.natickfarm.org](http://www.natickfarm.org)

# Human Services

## FUEL ASSISTANCE 2014-2015 Winter Season

Natick Human Services & Council on Aging will be helping Natick residents complete applications for the Low Income Home Energy Assistance Program (LIHEAP). Applicants may be Natick residents of any age, home owners or renters, pay for their own heat or in some circumstances have it included in their rent, and may use any type of heating fuel. Individuals and families may qualify for fuel assistance if the combined total gross annual income of all household members over the age of 18 is within the new 2015 income guidelines. Applications will be accepted through mid-April.

If you are over income for the LIHEAP program, you may be eligible for fuel assistance through the Salvation Army's Good Neighbor Energy Fund (GNEF).

Please call Debbie Budd, Outreach Coordinator, at the CSC (508) 647-6540 with any questions about fuel assistance, income eligibility guidelines or to schedule an appointment to complete an application.

## SNAP SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM Food Stamp Benefits

The Supplemental Nutrition Assistance Program (SNAP) helps low income individuals and families purchase healthy, nutritious food. For those who are eligible, the monthly benefit will be based on the number of people living in the household, household income and allowable expenses.

Project Bread's "getting SNAP.org" website, [www.getting-foodstamps.org](http://www.getting-foodstamps.org), has a food stamp calculator which can help determine one's eligibility for SNAP benefits. The website also has links for applying for benefits online. If you would like assistance in finding out if you're eligible or would like help completing an application, please call Debbie Budd, Outreach Coordinator, at (508) 647-6540.

## BENEFITS CHECKUP

Benefits Checkup, a service of the National Council on Aging, offers a free online screening process to determine eligibility for public benefits. The screening includes federal and state programs such as home heating assistance, food stamps, property tax exemptions, veterans' benefits, housing subsidies and assistance with prescription and health insurance costs.

The online screening is available at [www.benefitscheckup.org](http://www.benefitscheckup.org). Be prepared to provide information about your income, and current housing and medical expenses, as well as your date of birth, and zip code. If you do not have access to a computer or would like assistance in completing an assessment, please contact the Community-Senior Center at (508) 647-6540.

If you would like to see if you are eligible for financial assistance programs in Natick, the "Financial Assistance Summary for Natick Residents" is available at the Community-Senior Center and Town Hall. This comprehensive brochure organizes assistance programs into categories such as health services, tax assistance, housing/home heating, employment, veterans' services, school fee assistance, water/sewer assistance and food, clothing, children, and household.

If you do not have access to a computer or would like assistance in completing the online benefits checkup screening or would like a Financial Assistance brochure please contact the Community-Senior Center at (508) 647-6540.

## THE LGBT AGING PROJECT

The LGBT Aging Project provides important resources for lesbian, gay, bisexual and transgender older adults and caregivers. The mission of the project is to "ensure that lesbian, gay, bisexual and transgender older adults and caregivers have equal access to the life-prolonging benefits, protections, services and institutions that their heterosexual neighbors taken for granted." The LGBT Aging Project provides many resources and services including a bereavement support group, caregiver support group, community meals, and healthy aging programs. If you would like more information, please contact the LGBT Aging Project at (617) 267-9001. You can also sign up for their monthly newsletter at [www.lgbtagingproject.org](http://www.lgbtagingproject.org).

# Support Groups

## BEREAVEMENT SUPPORT

**Location:** CSC  
**Instructors:** Charlotte Cohen and Muriel Stern Risemen  
This drop-in group is for those who have lost a loved one. Bereavement group participation can help to facilitate the healing process. First Tuesday of the month.

Day	Times	Dates	Price
Tue	11-noon	3/3, 4/7, 5/5	free

**BLOOD PRESSURE CLINICS GROUP**  
Provided by Natick VNA and Distinguished Care Options and Long-term Solutions held the second and forth Wednesday of the month.

Day	Times	Dates	Price
Wed	1:30pm	3/11, 3/25, 4/8, 4/22, 5/13, 5/27	free

**CAREGIVER SUPPORT GROUP**  
**Location:** CSC  
This group is designed to help family caregivers practice self-care while caring for a relative or friend whether living at home or in a nursing facility. Meets on the first Thursday of each month.

Day	Times	Dates	Price
Thu	10:30-noon	3/5, 4/2, 5/7	free

**DIABETES SELF MANAGEMENT GROUP**  
**Instructor:** Joan Hill  
**Location:** CSC

Meets on the second Tuesday of each month.			
Day	Time	Dates	Price
Tue	10:00am	3/10, 4/14, 5/12	free

**LOW VISION SUPPORT GROUP**  
**Location:** CSC  
The Low Vision Group is sponsored by the Massachusetts Association for the Blind and Visually Impaired. For more information about the group please call Laurie Werle, (800) 852-3029. This group is for individuals who are losing their vision and would like to learn from and listen to others' experiences. Meets on the fourth Friday of the month.

Day	Times	Dates	Price
Fri	1:00pm	3/27, 4/24, 5/22	free

## BEREAVEMENT

Natick Human Services and COA is offering a monthly bereavement support group for people who have lost a loved one. We recognize that grieving the loss of someone close is a highly personalized journey, but that there are common feelings and experiences associated with the bereavement process. Evidence shows that participating in a bereavement group can help facilitate the healing process. When those who are grieving recognize that they are not alone, coping more constructively often takes place.

The group at the COA will be offered on a drop in basis the first Tuesday of every month. It will be co-facilitated from 11-noon, by Charlotte Cohen and Muriel Stern Riseman, both experienced bereavement volunteers trained through Parmenter Community Health Care of Wayland.

## BUILDING TOWARD RESILIENCY: A PARENT SUPPORT GROUP

Co-facilitated by Cari Ryding, RN, MSN  
Offered the second Tuesday of each month  
6:30-8:00pm, 3/10, 4/14, 5/12.  
*Facilitated group for parents & caregivers of children of all ages – FREE!*

A free monthly facilitated support group to assist parents in developing tools of resiliency, self care and communication. Learn how to build on your family's inherent strengths so that you can become more resilient in the face of challenge. \* Pre-registration required. Please call the CSC (508) 647-6547.

In partnership with SPARK Kindness [www.SparkKindness.org](http://www.SparkKindness.org).  
*Parenting from a strengths-based perspective so that children & caregivers can thrive.*



# Council On Aging

We seek to provide information and support to those aging in our community. Council on Aging staff welcome you to call for an appointment should you find yourself in need of support or assistance.

**Community-Senior Center**

Office Hours  
Monday-Wednesday 8:30am-5pm  
Thursday 8:30am-7pm  
Friday 8:30am-3pm

**Fitness Room Hours\***

Must first complete an orientation, \$5 fee, deducted from the membership fee.  
Sign up by calling 508-647-6540  
Monday, Wednesday, Friday 7:30am-8pm  
Tuesday, 7:30am-10:30am  
Thursday, 12:30pm-8pm  
Saturday 8am-12:30pm

**Supervised Fitness Room Hours\***

\*by a professional trainer at all times  
Tuesdays 11am-12pm  
Thursdays 6-7pm

**Walking Track Schedule**

Monday-Friday 7:30am-9:30am

**Senior Open Gym**

Monday 11am-3pm  
Tuesday, Thursday 9:30am-3pm  
Not available on Fridays

**Public Open Gym**

Monday-Thursday 3-4pm  
Under 18 allowed ONLY with adult supervision.

**Older Americans Month is May 2015**

In honor of the upcoming 50th anniversary of the Older Americans Act (OAA) the Natick Community-Senior Center will be offering a range of programs helping people keep healthy, enjoy life and connect including a Swing Band Dance Social, Thursday, May 28, 7pm.

**Senior Citizen Natick Public School (NPS) Pass**

If you're a Natick resident over 62 years of age, you are eligible for a free NPS Pass which will admit you at no charge to all Natick Public Schools regular season sports, plays, concerts and other events call 508-647-6500 for more information.

**Natick Fire Department Smoke Detector Installation Program for Natick Seniors**

For more information contact Inspector Boylan at 508-647-9555 or email her at tquigley@natickma.org.

**COUNCIL ON AGING**

117 East Central Street ~ Natick, MA 01760 ~ Phone (508) 647-6519

**ATTENTION SENIOR  
HOMEOWNERS & RENTERS**

The Massachusetts Circuit Breaker Tax Program is for persons 65 or over whose property taxes (or 25% of rent) exceed 10% of their annual gross income and who meet other qualifying criteria. You may be eligible even if you receive a property tax exemption through the town.

If you meet certain requirements, you may be eligible for the refundable tax credit or Circuit Breaker now and for the past three years – even if you did not file Massachusetts state income tax forms. Join us March 18, noon, for Senator Ross’s talk on the Circuit Breaker Program.

You may file for the 2014 tax year beginning in January 2015 and may also file retroactively, if you had not done so before, for the last three years. The maximum credit you may receive for tax year 2014 has not yet been determined; however, the maximum credit for 2013 is \$1030; for 2012 is \$1000, and for 2011 is \$980.

**DO YOU NEED HELP  
PREPARING YOUR TAXES?**

IRS-trained and certified AARP tax volunteers will be available, by appointment only, to prepare your 2014 Federal and State Income Tax returns beginning in early February. There is no cost for this service.

The program is designed to assist all people of low to middle income tax payers, with special attention given to those age 60 and older.

Tax volunteers are also available to assist older residents who are unable to leave their home due to illness or disability. To arrange for this service, please contact Lorraine at (508) 647-6540.

At the time of your appointment, please come prepared with the following: 2013 Tax Returns, all tax statements reporting your income (including social security), interest income, dividends, pensions, unemployment compensation, capital gains and any other sources of income you may have. Homeowners should bring copies of 2014 real estate tax payments and water/ sewer payments with evidence of payments made.

Tax appointments will be held at the Community-Senior Center. You may schedule your tax appointment beginning on Tuesday, January 26, 2015 by calling (508) 647-6540.

# Veterans’ Services

Our team works hard to ensure that our veterans have the information and the support they need to prosper in the community. We focus on serving eligible veterans and in providing a range of information on relevant programs, services, and supports.

CALL (508) 647-6545



**MEMORIAL DAY 2015**

May 25, 2015 the Town of Natick will hold the observance of Memorial Day.

The parade will form up at 8:15am at Moran Park; we will raise the flags at Moran Park prior to the parade kicking off. The parade marches to the Natick Common for a service. After the service on the Natick Common the parade forms up and marches to Old Dell and St Patrick Cemeteries for services. The parade then forms up and marches down Pond Street to the Indian Burial Ground for a service. This completes the Memorial Day observance.

On Thursday, May 21 we decorate the veteran’s graves. We meet at the Old Dell Cemetery at 6pm. In case of rain we will meet on Friday, May 22.

On Saturday, May 23 we decorate the veteran’s graves with geraniums. We will meet at New Dell Cemetery at 8am.

**NATICK VETERANS’ SERVICES**

Our team works hard to ensure that our veterans’ and dependents have the information and the support they need to prosper in the community. We focus on serving eligible veterans and dependents in providing a range of information on relevant programs, services and supports. Call 508-647-6545

Property Tax is important, we have received a couple of calls. MASS Vet Advisor Online important

The other MASS Vet Advisor is covered with Ms Youngs Chapter 115 information



Photo credi: Daniel Holmes

**Dedication**

Edward Jolley, President Natick Veterans’ Council from 2006 thru 2014, passed away on October 6, 2014. Ed will be remembered in the dedication of Room 125 at the Natick Community Senior Center at a later date.

**VETERANS AND WIDOWS AND WIDOWERS  
CHAPTER 115**

You may be entitled to reimbursement of your medical expenses IF:

You are an unmarried veteran, or un-remarried widow or widower of a veteran with an income of less than \$1,951 per month and combined assets of less than \$5000 (with no whole life insurance policy.)

OR

You are a married veteran, or are married to a veteran, and your combined household income is less than \$2,585 per month, with combined household assets of less than \$9,800 (with no whole life insurance policy) You may also be entitled to financial assistance.

IF

You are an unmarried senior citizen veteran, or un-remarried widow or widower of a veteran, with a monthly income less than \$1,632 and combined assets less than \$5,000 (with no whole life insurance policy.)

OR

You are a married senior citizen veteran with a combined household income of less that \$2155 per month and combined household assets of less than \$9,800 (with no whole life insurance policy)

*Note: The home you live in and one vehicle are not counted as assets.*

If you need more information contact Paul Carew (508) 647-6545 or Sheila Young (508)-647-6400 ext 1900.

**VETERANS’ SERVICES**

117 East Central Street ~ Natick, MA 01760 ~ Phone:(508) 647-6545

Recreation & Parks



The Natick Recreation and Parks staff seek to provide the community with comprehensive recreational programing for individuals of all ages and abilities while enhancing our community through people, parks, and programs.

COLE CENTER

Monday-Friday, 8:00am-5:00pm  
179 Boden Lane Natick, MA 01760

RECREATION AND PARKS  
REGISTRATION

Register online at: [www.natickma.gov/recreation](http://www.natickma.gov/recreation)  
beginning Monday March 9, 7pm.



SASSAMON TRACE GOLF

Tournaments & Special Events

Sassamon Trace offers a variety of public tournaments, programs, clinics and special events.  
For a calendar of events and registration information call the golf shop at (508) 655-1330  
or go online at [www.sassamontrace.com](http://www.sassamontrace.com).

The Natick Recreation and Parks Department is proud to provide Natick with a quality 9-hole, par 32 golf course conveniently located at 233 South Main Street. Sassamon Trace offers a wide variety of services and merchandise to serve your golfing needs.

2015 Season Passes – Resident Fees

Adult	7-Day Pass	\$800
Senior	7-Day Pass	\$650
Junior	7-Day Pass	\$450
Summer	7-Day Student	\$350
Limited Weekday Pass		\$550

9-Hole Daily Golf Fees

	Mon-Fri	Sat-Sun
Adults	\$22	\$24
Seniors	\$17	\$24
Juniors	\$17	\$24

YOUTH SPORTS ORGANIZATIONS

Recreation and Parks partners with many youth organizations to make sure the youth in our town get an opportunity to learn a new sport or activity. These youth organizations look to enhance children’s self esteem, improve team-work and keep kids healthy and active. Here is a listing of some of the privately run youth organizations in Natick:

**Natick Comets Hockey Club**  
[www.natickcomets.com](http://www.natickcomets.com)

**Natick Lacrosse**  
[www.naticklacrosse.com](http://www.naticklacrosse.com)

**Natick Little League and Youth Softball**  
[www.natickll.org](http://www.natickll.org)

**Natick Soccer Club**  
[www.naticksoccer.org](http://www.naticksoccer.org)

**Natick Youth Football and  
Cheerleading Association**  
[www.natickyouthfootball.org](http://www.natickyouthfootball.org)

Volunteer  
Drivers  
Needed



The Community Services Department of the Town of Natick is pleased to announce that we will soon be providing enhanced transportation services in our community.

With a special focus on, but not limited to, elder and physically disabled residents, the new service will make a big difference in many people’s lives. We’re looking for a team of dedicated volunteer drivers to help make this a reality.

- No special license required
- All drivers trained and insured
- 4-hour shifts (morning or afternoon)
- Your routes scheduled for you
- Mostly local transportation
- Teams of two welcome! (driver and companion)

Those interested can contact the Community-Senior Center.  
Call: (508) 647-6540 for more information.

CONTACT NATICK PARKS & RECREATION

179 Boden Lane ~ Natick, MA 01760 ~ Phone: (508) 647-6530



**Community Education and Resources**

Community Services Department  
Town of Natick  
117 East Central Street  
Natick, MA 01760

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NATICK, MA 01760  
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Postal Patron  
Natick, MA 01760

Recreation and Parks • Council On Aging • Human Services  
• Natick Community Organic Farm • Veterans' Services

*Citizen's  
Leadership  
Academy*

*Curious* about how your local government works?

Interested in building connections in the *community*?

*Participate* in Natick's new Citizen's Leadership Academy.

*Join your friends, neighbors and distinguished guests  
for an engaging 10-week educational series.*

*Inaugural session starts this spring.*

For more information and an online application,  
please visit [natickma.gov](http://natickma.gov) or contact,  
Jemma Lambert, Director of Community Services  
at: (508) 647-6546.

"It is spring again.  
The earth is like a child that knows poems by heart."

— Rainer Maria Rilke